



CLASS SCHEDULE

SHAWN J. STALLWORTH'S PANTHER ENERGY TOTAL FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 CARDIO BOXING				7:00-7:45 CARDIO BOXING		
10:00-10:45 CARDIO BOXING		10:00 - 10:45 CARDIO BOXING		10:00 - 10:45 CARDIO BOXING	9:00-9:45 NINJA KIDS TAE KWON DO	10:00-11:00 CARDIO BOXING
11:00 - 11:45 LOW BELT TAE KWON DO	PRIVATE SESSIONS BY APPOINTMENT	11:00 - 11:45 ALL BELT TKD/SPARRING	PRIVATE SESSIONS BY APPOINTMENT	11:00 - 11:45 LOW BELT TAE KWON DO	10:00 - 10:45 ADULT BLACK BELTS	11:00-12:00 YOGA
12:00 - 12:45 HIGH BELT TAE KWON DO				12:00 - 12:45 HIGH BELT TAE KWON DO	11:00 - 11:45 ADULT FORMS	
5:00 - 5:30 (4-7 YRS) CUBS 1 TAE KWON DO		5:00 - 5:30 (4-7 YRS) CUBS 1 TAE KWON DO	5:00-5:45 (8-13 YRS) PANTHERS 1 TAE KWON DO	5:00 - 5:30 (ALL AGES) KIDS WEAPONS	12:00 - 12:45 CARDIO FUSION	
5:30 - 6:00 (4-7 YRS) CUBS 2 TAE KWON DO	PRIVATE SESSIONS BY APPOINTMENT	5:30 - 6:00 (4-7 YRS) CUBS 2 TAE KWON DO		5:30 - 6:00 (ALL AGES) KIDS SPARRING		
6:00-6:45 (8-13 YRS) PANTHERS 1 TAE KWON DO		6:00-6:45 (8-13 YRS) PANTHERS 2 TAE KWON DO	6:00-6:45 JR. BLACK BELTS	6:00-6:45 (8-13 YRS) PANTHERS 2 TAE KWON DO		
7:00 - 7:45 CARDIO BOXING	7:00 - 7:45 ALL BELT AE KWON DO	7:00 - 7:45 CARDIO BOXING	7:00 - 7:45 ABS, BOOTIES & THIGS	7:00 - 7:45 CARDIO BOXING	PRIVATE SESSIONS BY APPOINTMENT	

5535 HOLLYWOOD BLVD. HOLLYWOOD, CA 90028

| PH 323-466-1990

| FAX 323-466-0059

| PANTHERENERGYLA.COM