

# Uppercut Gym Instructor Schedule

## October 2017

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
1	2 12 CT James B. 5:00 IC Vanessa 6:00 CT Seko 6:15 Focus 1 Peter  Desk: Franny (open)	3 9:30 RSB Kim 12 IC Kim 5:30 B&B Chris 6:00 Kick Seko 6:30 Bag Andy 7:00 Teen2 James O. Desk: Mary	4 12CT Lisa 5:00 IC Sarah 5:30 Drills Alfonso 6:00 CT Jeremy 6:15Focus1Sarah 6:30 Intro Lisa  Desk: Kate	5 9:30 RSB James B 12 IC James B 5:30 B&B Kara 6:00 Kick Seko 6:30 Bag Andy 7 :00 Teen2 Jason H. Desk: Tabitha	6 5:30 IC Brie	7 8:00 RSB Lisa 9:00 Focus 2 Bryan 10:00 Ct Peter 11:00 TeenPeter, Chaunte  Desk: Franny (load in 1pm)
8  <u>Teen Sparring</u> Tues & Thurs 6pm <u>Adult Sparring</u> Mon – Thurs 5:30pm-ends Sat 8am-noon	9 12 CT Tabitha 5:00 IC Sarah 6:00 CT Seko 6:15 Focus 1 Peter 6:30 ABT Sarah Desk: Franny (open)	10 9:30 RSB Kim 12 IC Kim 5:30 B&B Kara 6:00 Kick Seko 6:30 Bag Andy 7:00 Teen2 James O. Desk: Mary Gym 21 years!	11 12 CT Lisa 5:00 IC Sarah 6:00 CT Vanessa 6:15 Focus Lisa 6:30 Intro Sarah Desk: Kate	12 9:30 RSB Kim 12 IC Kim 5:30 B&B Chris 6:00 Kick Seko 6:30 Bag Chris 7 :00 Teen2 Jason H. Desk: Tabitha	13  Gym is Closed	14 9:00 Focus 2 Peter 10:00 CT Brie 10:30 Intro Sarah James B. 11:00 Teen Peter Marlon B Desk: Sarah E., Mary Franny Gym 21 year party 10:30-noon
15	16 12 CT Tabitha 5:00 IC Vanessa 6:00 CT Seko 6:15 Focus 1 Peter Desk: Franny (open)	17 9:30 RSB Kim 12 IC Kim 5:30 B&B Kara 6:00 Kick Seko 6:30 Bag Andy 7:00 Teen2 James O. Desk: Mary	18 12 CT Lisa 5:00 IC Alex F. 5:30 Drills Alfonso 6:00 CT Jeremy 6:15Focus1Vanessa 6:30 Intro Lisa Desk: Franny	19 9:30 RSB James B 12 IC James B 5:30 B&B Chris 6:00 Kick Seko 6:30 Bag Chris 7 :00 Teen2 Anthony Desk: Tabitha	20 5:30 IC Peter	21 8:00 RSB Lisa 9:00 Focus 2 Lisa 10:00 CT Peter 11:00 Teen Peter,Jason S  Desk: Mary (load in 2pm)
22	23 12 CT Tabitha 5:00 IC Alex F. 6:00 CT Seko 6:15 Focus 1 Peter 6:30 ABT Sarah  Desk: Franny (open)	24 9:30 RSB James B. 12 IC James B. 5:30 B&B Kara 6:00 Kick Seko 6:30 Bag Andy 7:00 Teen2 James O. Desk: Mary	25 12 CT Lisa 5:00 IC Sarah 6:00 CT Jeremy 6:15 Focus1 Vanessa 6:30 Intro Sarah  Desk: Franny	26 9:30 RSB James B. 12 IC James B. 5:30 B&B Chris 6:00 Kick Seko 6:30 Bag Chris 7 :00 Teen2 Jason H. Desk: Tabitha	27 5:30 IC Peter/Chris	28 9:00 Focus 2 Peter 10:00 CT Sarah 11:00 Teen Jason S.Sarah  Desk: Sarah E.  (Load in 1pm)
29	30 12 CT Tabitha 5:00 IC Alex F. 6:00 CT Seko 6:15 Focus 1 Peter Desk: Franny (open)	31 9:30 RSB Kim 12 IC Kim 5:30 B&B Kara 6:00 Kick Seko 6:30 Bag Andy 7:00 Teen2 James O. Desk: Mary				

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