



# Giorgio's Health and Fitness Connection



## Fall 2008

Chiswick Park 31 Union Ave. Sudbury, MA 01776

(978)440-8531

**Fitness Room Hours: Mon-Thurs: 8:30am-7:30pm Fri: 8:30am-6:30pm  
Sat: 8am-12pm Sun: CLOSED**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Kripalu Yoga 8:00-9:00 Abby
Medicine Ball Training 8:30-9:30 Bob	Taerobixx 8:30-9:30 Bob	Bands, Balls and Barbells 8:30-9:30 Jason	Circuit Training 8:30-9:30 Abby	Kickboxing 8:30-9:30 Myron	Taerobixx 9:00-10:00 Bob  KidkwonDo 9:00-9:45 Ages 3-6
KidkwonDo 9:30-10:15 Ages 3-6  Taerobixx 9:30-10:30 Bob	KidkwonDo 9:30-10:15 Ages 3-6  Circuit Training 9:30-10:30 Bob	KidkwonDo 9:30-10:15 Ages 3-6  Kickboxing 9:30-10:30 Jason  Power Yoga 9:30-10:30 Joe	KidkwonDo 9:30-10:15 Ages 3-6  Taerobixx 9:30-10:30 Bob	Circuit Training 9:30-10:30 Bob	USA TKD 2 10-10:45 Ages 7-12  Parent/Child TKD Class 10-10:45
Kripalu Yoga 10:30-11:30 Abby  Adult TKD 10:45-11:45 Al	Adult TKD 10:45-11:45 Bob	Adult TKD 10:45-11:45 Matt	Kripalu Yoga 10:30-11:30 Abby  Adult TKD 10:45-11:45 Bob		Varsity TKD 10:45-11:30  Adult TKD 10:45-12:00

Babysitting available: Monday through Friday: 8:30am-12pm and Saturday 9am-12pm  
\$3 an hour per child

Please visit [www.giorgiofit.com](http://www.giorgiofit.com) for more information



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Monday	Tuesday	Wednesday	Thursday	Friday
KidkwonDo 1:00-1:45 Ages 3-6		KidkwonDo 1:00-1:45 Ages 3-6		
			KidkwonDo 3:15-4:00 Ages 3-6	
USA TKD 1 4:00-4:45 Ages 4-7  Little Jitsu 4:00 - 4:45 Ages 5 - 8	USA TKD 1 4:00-4:45 Ages 4-7	USA TKD 1 4:00-4:45 Ages 4-7	USA TKD 1 4:00-4:45 Ages 4-7  Little Jitsu 4:00 - 4:45 Ages 5 - 8	USA TKD 1 4:00-4:45 Ages 4-7
USA TKD 2 White to Green 4:45-5:30 Ages 7-12  USA BJJ 4:45 - 5:30 Ages 8-12	USA TKD 2 White to Green 4:45-5:30 Ages 7-12	USA TKD 2 White to Green 4:45-5:30 Ages 7-12	USA TKD 2 White to Green 4:45-5:30 Ages 7-12  USA BJJ 4:45 - 5:30 Ages 8-12	USA TKD 2 White to Green 4:45-5:30 Ages 7-12
Varsity TKD Green Belt and Above 5:30-6:15  Varsity BJJ 5:30 - 6:30	Varsity TKD Green Belt and Above 5:30-6:15	Varsity TKD Green Belt and Above 5:30-6:15	Varsity TKD Green Belt and Above 5:30-6:15  Varsity BJJ 5:30 - 6:30	Varsity TKD Green Belt and Above 5:30-6:15
Adult TKD 6:30-7:30 Al  Adult BJJ 6:30 - 7:30	Adult TKD 6:30-7:30 Al  Body Sculpting 6:30-7:30 Kris	Adult TKD 6:30-7:30 Matt	Adult TKD 6:30-7:30 Matt  Adult BJJ 6:30 - 7:30  Body Conditioning 6:30-7:30 Kris	<p><b>DODGEBALL</b> Drop off 6:15 Pick up 8:30 \$20/person *Please call for weekly schedule</p>