



2018 Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FITNESS	5:30-6:30am		5:30-6:30am		5:30-6:30am		
BRAZILIAN JIU JITSU	Noon-1pm	Noon-1pm	Noon-1pm	Noon-1pm			
YOUTH TAE KWON DO			5-6pm		5-6pm		
POST SEASON YOUTH WRESTLING		6:30-8pm	6:30-8pm		6-7:30pm		
BRAZILIAN JIU JITSU	7-8pm Beginner 8-9pm Advanced	7-8pm Beginner 8-9pm Advanced	7-8pm Beginner 8-9pm Advanced	7-8pm Beginner 8-9pm Advanced			
KICKBOXING	8-9pm	8-9pm	8-9pm	8-9pm			
YOGA						9am	
OPEN GYM						Noon-5pm	

Hard Drive Performance Center

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