

[raakgugym.com](http://raakgugym.com) (505) 517-1356 911 W Broadway Avenue Bloomfield, NM 87413

day	start	end	class name	muscles worked	ages	instructor
<b>monday mid-day classes</b>						
monday	12:00 PM	12:20 PM	 fitness - push	chest, triceps, shoulders, traps	all ages	coach james
monday	12:20 PM	12:40 PM	 cardio & conditioning		all ages	coach james
monday	12:40 PM	1:00 PM	 boxing		all ages	coach james
<b>monday evening classes</b>						
monday	4:00 PM	4:20 PM	 fitness - push	chest, triceps, shoulders, traps	all ages	coach james
monday	4:20 PM	4:40 PM	 cardio & conditioning		all ages	coach james
monday	4:40 PM	5:00 PM	 boxing		all ages	coach james
monday	5:00 PM	5:20 PM	 fitness - push	chest, triceps, shoulders, traps	all ages	coach james
monday	5:20 PM	5:40 PM	 cardio & conditioning		all ages	coach james
monday	5:40 PM	6:00 PM	 boxing		all ages	coach james
monday	6:00 PM	6:20 PM	 fitness - push	chest, triceps, shoulders, traps	all ages	coach james
monday	6:20 PM	6:40 PM	 cardio & conditioning		all ages	coach james
monday	6:40 PM	7:00 PM	 boxing		all ages	coach james
monday	7:00 PM	7:20 PM	 fitness - push	chest, triceps, shoulders, traps	all ages	coach james
monday	7:20 PM	7:40 PM	 kickboxing		all ages	coach james
monday	7:40 PM	8:00 PM	 boxing		all ages	coach james
<b>tuesday mid-day classes</b>						
tuesday	12:00 PM	12:20 PM	 fitness - pull	back, biceps	all ages	coach james
tuesday	12:20 PM	12:40 PM	 cardio & conditioning		all ages	coach james
tuesday	12:40 PM	1:00 PM	 boxing		all ages	coach james
<b>tuesday evening classes</b>						
tuesday	4:00 PM	4:20 PM	 fitness - pull	back, biceps	all ages	coach james
tuesday	4:20 PM	4:40 PM	 cardio & conditioning		all ages	coach james
tuesday	4:40 PM	5:00 PM	 boxing		all ages	coach james
tuesday	5:00 PM	5:20 PM	 fitness - pull	back, biceps	all ages	coach james
tuesday	5:20 PM	5:40 PM	 cardio & conditioning		all ages	coach james
tuesday	5:40 PM	6:00 PM	 boxing		all ages	coach james
tuesday	6:00 PM	6:20 PM	 fitness - pull	back, biceps	all ages	coach james
tuesday	6:20 PM	6:40 PM	 cardio & conditioning		all ages	coach james
tuesday	6:40 PM	7:00 PM	 boxing		all ages	coach james
tuesday	7:00 PM	7:20 PM	 fitness - pull	back, biceps	all ages	coach james
tuesday	7:20 PM	7:40 PM	 kickboxing		all ages	coach james
tuesday	7:40 PM	8:00 PM	 boxing		all ages	coach james
<b>wednesday mid-day classes</b>						
wednesday	12:00 PM	12:20 PM	 fitness - lift	legs, glutes, inner thighs, outer thighs	all ages	coach james

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wednesday	12:20 PM	12:40 PM	 cardio & conditioning		all ages	coach james
wednesday	12:40 PM	1:00 PM	 boxing		all ages	coach james
<b>wednesday evening classes</b>						
wednesday	4:00 PM	4:20 PM	 fitness - lift	legs, glutes, inner thighs, outer thighs	all ages	coach james
wednesday	4:20 PM	4:40 PM	 cardio & conditioning		all ages	coach james
wednesday	4:40 PM	5:00 PM	 boxing		all ages	coach james
wednesday	5:00 PM	5:20 PM	 fitness - lift	legs, glutes, inner thighs, outer thighs	all ages	coach james
wednesday	5:20 PM	5:40 PM	 cardio & conditioning		all ages	coach james
wednesday	5:40 PM	6:00 PM	 boxing		all ages	coach james
wednesday	6:00 PM	6:20 PM	 fitness - lift	legs, glutes, inner thighs, outer thighs	all ages	coach james
wednesday	6:20 PM	6:40 PM	 cardio & conditioning		all ages	coach james
wednesday	6:40 PM	7:00 PM	 boxing		all ages	coach james
wednesday	7:00 PM	7:20 PM	 fitness - lift	legs, glutes, inner thighs, outer thighs	all ages	coach james
wednesday	7:20 PM	7:40 PM	 kickboxing		all ages	coach james
wednesday	7:40 PM	8:00 PM	 boxing		all ages	coach james

**thursday mid-day classes**

thursday	12:00 PM	12:20 PM	 fitness - core	abs, core, obliques, low back	all ages	coach james
thursday	12:20 PM	12:40 PM	 cardio & conditioning		all ages	coach james
thursday	12:40 PM	1:00 PM	 boxing		all ages	coach james

**thursday evening classes**

thursday	4:00 PM	4:20 PM	 fitness - core	abs, core, obliques, low back	all ages	coach james
thursday	4:20 PM	4:40 PM	 cardio & conditioning		all ages	coach james
thursday	4:40 PM	5:00 PM	 boxing		all ages	coach james
thursday	5:00 PM	5:20 PM	 fitness - core	abs, core, obliques, low back	all ages	coach james
thursday	5:20 PM	5:40 PM	 cardio & conditioning		all ages	coach james
thursday	5:40 PM	6:00 PM	 boxing		all ages	coach james
thursday	6:00 PM	6:20 PM	 fitness - core	abs, core, obliques, low back	all ages	coach james
thursday	6:20 PM	6:40 PM	 cardio & conditioning		all ages	coach james
thursday	6:40 PM	7:00 PM	 boxing		all ages	coach james
thursday	7:00 PM	7:20 PM	 fitness - core	abs, core, obliques, low back	all ages	coach james
thursday	7:20 PM	7:40 PM	 kickboxing		all ages	coach james
thursday	7:40 PM	8:00 PM	 boxing		all ages	coach james

**friday mid-day classes**

friday	12:00 PM	12:20 PM	 fitness - butt & hips	glutes, hips	all ages	coach james
friday	12:20 PM	12:40 PM	 cardio & conditioning		all ages	coach james
friday	12:40 PM	1:00 PM	 boxing		all ages	coach james

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<b>friday evening classes</b>						
friday	4:00 PM	4:20 PM	 fitness - butt & hips	glutes, hips	all ages	coach james
friday	4:20 PM	4:40 PM	 cardio & conditioning		all ages	coach james
friday	4:40 PM	5:00 PM	 boxing		all ages	coach james
friday	5:00 PM	5:20 PM	 fitness - butt & hips	glutes, hips	all ages	coach james
friday	5:20 PM	5:40 PM	 cardio & conditioning		all ages	coach james
friday	5:40 PM	6:00 PM	 boxing		all ages	coach james
friday	6:00 PM	6:20 PM	 fitness - butt & hips	glutes, hips	all ages	coach james
friday	6:20 PM	6:40 PM	 cardio & conditioning		all ages	coach james
friday	6:40 PM	7:00 PM	 boxing		all ages	coach james
friday	7:00 PM	7:20 PM	 fitness - butt & hips	glutes, hips	all ages	coach james
friday	7:20 PM	7:40 PM	 kickboxing		all ages	coach james
friday	7:40 PM	8:00 PM	 boxing		all ages	coach james