

Hammer Bodies Custom Fitness
 2121 Hammer Drive
 St. Louis, MO 63146

The Respect Center

Class Schedule

(314) 570-0243

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|----------|--|---|---|---|---|---|--|------------|
| 8:00 AM | Available for Personal One-On-One Championship Workouts (by appointment only), Birthday Parties, Seminars. | | | | | | Personal One-on-One Championship Workout | ← 8:00am |
| 8:30 AM | | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | ← 8:30 AM |
| 9:30 AM | | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | ← 9:00am |
| 10:30 AM | | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | ← 9:30 AM |
| 11:30 AM | | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | ← 10:00am |
| 12:30 PM | | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | Personal One-on-One Championship Workout | ← 10:30 AM |
| 1:30 PM | <p>Available for Personal One-On-One Championship Workouts (by appointment only), Birthday Parties, Seminars.</p> <p>Ray Amanat visits local schools, corporations, and organizations as a guest speaker for safety and wellness promoting his personal safety and fitness programs. Currently, he is advocating Heroes In Action® whose objective is to reach as many families and students in teaching assertive behavior in schools and to provide a safer learning environment so students can get an education and grow to become successful in life. Please visit the website for more information: www.amanatsheroesinaction.org</p> <p>His facilities are also available for birthday parties or other special events for children.</p> <p>Ask about our new "Be Your Own Bodyguard" Program, combining the Hammer Bodies strength, conditioning and nutrition training along with Mr. Amanat's personal protection program.</p> <p>For more information: call 314-570-0243; visit the website, www.respectcenter.com, or email to: respectcenter@sbcglobal.net Remember: It's better to be trained and prepared for any type or level of violence and not have to use it than have no training and not be prepared. Don't wait to become a victim of violence before you decide to get any training.</p> | | | | | | Exam: Warm-up at 10:30 am | ← 11:00am |
| 2:30 PM | | | | | | | Exam: Start at 11:00 am | ← 11:30 AM |
| 3:30 PM | | | | | | | | ← 12:30 PM |
| 4:30 PM | | | | | | | | ← 1:00pm |
| 5:30 PM | | | Heroes P.A.S.S. Class | | Heroes P.A.S.S. Class | Personal One-on-One Championship Workout | Available for Personal One-on-One Championship Workouts (by appointment only), Birthday Parties, Seminars, (Unless scheduled exam, tournament, or seminar .) | 1:30 PM |
| 6:30 PM | Heroes P.A.S.S. Class | Heroes P.A.S.S. Class | Heroes P.A.S.S. Class | Heroes P.A.S.S. Class | Heroes P.A.S.S. Class | Personal One-on-One Championship Workout | | 2:30 PM |
| 7:30 PM | Fitness Surprise | Fitness Surprise | Fitness Surprise | Fitness Surprise | Fitness Surprise | Personal One-on-One Championship Workout | | 3:30 PM |
| 8:30 PM | Heroes P.A.S.S. Class | Heroes P.A.S.S. Class | Heroes P.A.S.S. Class | Heroes P.A.S.S. Class | Heroes P.A.S.S. Class | Personal One-on-One Championship Workout | | 4:30 PM |
| 8:30 PM | | Fight Class | Personal One-on-One Championship Workout | Fight Class | Personal One-on-One Championship Workout | | | 5:30 PM |
| | | | | | | | | 6:30PM |
| | | | | | | | | 7:30PM |
| | | | | | | | | 8:30 PM |