






	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:30 am	Closed						Run Club	
8:00 am							Run Club	
8:30 am								
9:00 am								
9:30 am								
10:00 am								
10:30 am								
11:00 am					Functional Fitness for Seniors			
11:30 am								
12:00 pm							Closed	
12:30 pm								
1:00 pm								
1:30 pm								
2:00 pm								
2:30 pm								
3:00 pm								
3:30 pm								
4:00 pm								
4:30 pm								
5:00 pm								
5:30 pm								
6:00 pm						Closed		
6:30 pm								
7:00 pm								
7:30 pm								

-  Times available for intro-block sessions
-  Flex time
-  Functional Fitness for Seniors: a weekly class for senior citizens
-  Run Club: Open for all Flex clients
-  Flex time but is currently subject to cancellation if a new client requests that time for an intro session