

**Sunday**      **Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**      **Saturday**

**CLOSED**

**CYCLE**  
6:00 am  
*\*reserve bike on MINDBODY App*

**HYBRID TRAINING**  
6:00 am

**HYBRID TRAINING**  
6:00 am

**CYCLE**  
8:30 am  
*\*reserve bike on MINDBODY App*

**HYBRID TRAINING**  
8:15 am

**CYCLE**  
8:30 am  
*\*reserve bike on MINDBODY App*

**HYBRID TRAINING**  
8:15 am

**OPEN GYM**  
Morning  
8:30 - 12:00 pm

**HYBRID TRAINING**  
8:15 am

*Reserve on MINDBODY App*

**OPEN GYM**  
8:30 - 12:00 pm

**POWER LUNCH**  
*\*reserve*  
11:30-12:05

**OPEN GYM**  
9:00 am-12:00 pm

*Reserve on MINDBODY App*

**OPEN GYM**  
8:30-12:00pm

**POWER LUNCH**  
*\*reserve*  
11:30-12:05

**OPEN GYM**  
9:00 am-12:00 pm

**OPEN GYM**  
9:00-12:00pm

**CYCLE**  
9:00 am  
*\*reserve bike on MINDBODY App*

**NOTE:**

Certain Classes have limited space.

**\*\*Reserve your spot ahead of time to hold your seat or spot!**

-DOWNLOAD THE **MINDBODY** APP FOR RESERVING!

**OPEN GYM**  
3:00 - 6:30 pm

**OPEN GYM**  
3:00 - 4:15 pm  
5:00-6:30 pm

**OPEN GYM**  
3:00 - 6:30 pm

**OPEN GYM**  
3:00 - 4:15 pm  
5:15-6:30 pm

**OPEN GYM**  
3:00 - 6:30 pm

**CLOSED Saturday PM**

**CYCLE**  
5:30 pm  
*\*reserve bike on MINDBODY App*

**HYBRID TRAINING**  
4:15-5:00 pm

**HYBRID TRAINING**  
4:15-5:00pm

**FIT TO EAT**  
6:00 pm

**CYCLE**  
4:30 pm  
*\*reserve bike on MINDBODY App*

**CYCLE**  
4:30 pm  
*\*reserve bike on MINDBODY App*