

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

CLOSED	CYCLE 6:00 am <i>*reserve bike on MINDBODY App</i>	HYBRID TRAINING 6:00 am		HYBRID TRAINING 6:00 am		
	CYCLE 8:30 am <i>*reserve bike on MINDBODY App</i>	HYBRID TRAINING 8:15 am	CYCLE 8:30 am <i>*reserve bike on MINDBODY App</i>	HYBRID TRAINING 8:15 am	OPEN GYM Morning <u>8:30 - 12:00 pm</u>	HYBRID TRAINING 8:15 am
	Reserve on MINDBODY App OPEN GYM <u>8:30 - 12:00 pm</u>	POWER LUNCH <i>*reserve</i> <u>11:30-12:05</u>	OPEN GYM <u>9:00 am-12:00 pm</u>	Reserve on MINDBODY App OPEN GYM <u>8:30-12:00pm</u>	POWER LUNCH <i>*reserve</i> <u>11:30-12:05</u>	OPEN GYM <u>9:00 am-12:00 pm</u>
						CYCLE 9:00 am <i>*reserve bike on MINDBODY App</i>
<p>NOTE: Certain Classes have limited space.</p> <p>**Reserve your spot ahead of time to hold your seat or spot!</p> <p>-DOWNLOAD THE MINDBODY APP FOR RESERVING!</p>	OPEN GYM <u>3:00 - 6:30 pm</u>	OPEN GYM <u>3:00 - 4:15 pm</u> <u>5:00-6:30 pm</u>	OPEN GYM <u>3:00 - 6:30 pm</u>	OPEN GYM <u>3:00 - 4:15 pm</u> <u>5:15-6:30 pm</u>	OPEN GYM <u>3:00 - 6:30 pm</u>	
	CYCLE 5:30 pm <i>*reserve bike on MINDBODY App</i>	HYBRID TRAINING 4:15-5:00 pm		HYBRID TRAINING 4:15-5:00pm		
	FIT TO EAT 6:00 pm	CYCLE 4:30 pm <i>*reserve bike on MINDBODY App</i>		CYCLE 4:30 pm <i>*reserve bike on MINDBODY App</i>		
					CLOSED Saturday PM	