



## GROUP CLASSES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CIRCUIT TRAINING 5:30 AM	CIRCUIT TRAINING 6:00 AM	CIRCUIT TRAINING 5:30 AM	CIRCUIT TRAINING 6:00 AM	CIRCUIT TRAINING 5:30 AM	
OPEN GYM HOURS 9AM - 12PM (by appointment only)	STRENGTH CHALLENGE 9:00 AM	OPEN GYM HOURS 9AM - 12PM (by appointment only)	STRENGTH CHALLENGE 9:00 AM	OPEN GYM HOURS 9AM - 12PM (by appointment only)	CIRCUIT TRAINING 9:00 AM
OPEN GYM HOURS 2PM - 6PM (by appointment only)	OPEN GYM HOURS 2PM - 6PM (by appointment only)	OPEN GYM HOURS 2PM - 6PM (by appointment only)	OPEN GYM HOURS 2PM - 6PM (by appointment only)		
	YOUNG ATHLETES PROGRAM 5:00 PM	YOUNG ATHLETES PROGRAM 5:00 PM	YOUNG ATHLETES PROGRAM 5:00 PM		
CIRCUIT TRAINING 6:00 PM	CIRCUIT TRAINING 6:00 PM	CIRCUIT TRAINING 6:00 PM	CIRCUIT TRAINING 6:00 PM	CIRCUIT TRAINING 6:00 PM	
	STRENGTH CHALLENGE 7:00 PM	KICKBOXING 7:00 PM	STRENGTH CHALLENGE 7:00 PM	YOGA 7:00 PM	

**PRIVATE TRAINING:** Please call or email our facility or your coach to book your private sessions.