

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:15am	5:15am	5:15am	5:15am	5:15am	
8:30am	8:30am	8:30am	8:30am	8:30am	Barbell Club 8:00am
	9:45am Legends		9:45am Legends		9:00am
	11:30am Xpress		11:30am Xpress	11:30am Xpress	
3:30pm	Open Gym 3-4:30pm	3:30pm	Open Gym 3-4:30pm	3:30pm	
4:30pm	4:30pm	4:30pm	4:30pm	4:30pm	
5:45pm	5:45pm	5:45pm	5:45pm		

Class Schedule

