

GROUP EXERCISE ROOM SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM						
8:15 AM						8:00 AM 
9:15 AM						9:00 AM 
10:30 AM						10:00 AM 
12:15 PM						
4:30 PM						
5:30 PM		RESULTS OPEN GYM		STAFF DEVELOPMENT		
6:30 PM				RESULTS OPEN GYM		

CYCLING SCHEDULE

8:15 AM						
6:00 PM						

