Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 7:30am	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now
7:00am - 8:00am	Book Now	Fitness & Development	Book Now	Fitness & Development	Book Now	Fitness & Development	Book Now
9:00am - 10:00am	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now
10:00am - 11:00am	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now
11:00am - 12:30pm	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now
12:15pm - 1:15pm	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now
2:30pm - 4:00pm	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now
4:00pm - 5:00pm	Book Now	Book Now	Kids & Youth	Book Now	Kids &Youth	Book Now	Book Now
5:30pm - 7:00pm	Book Now	Fight Team	Fight Team	Fight Team	Fight Team	Fight Team	Book Now
7:00pm - 8:00pm	Book Now	Fitness & Development	UBCO	Fitness & Development	OK College	Fitness & Development	Book Now
8:00pm - 9:00pm	Book Now	Muay Thai	Book Now	Muay Thai	Book Now	Muay Thai	Book Now
8:30pm - 9:00pm	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now

CLASS	Days & Time
Fitness & Development	Mon, Wed, Fri @ 7:00am - 8:00am
Fitness & Development	Mon, Wed, Fri @ 7:00pm - 8:00pm
Kids & Youth	Tues & Thurs @ 4:00pm - 5:00pm
Fight Team	Mon - Fri @ 5:30pm - 7:00pm
UBCO	Tuesday @ 7:00pm - 8:00pm
OK College	Thursday @ 7:00pm - 8:00pm
Muay Thai	Mon, Wed, Fri @ 8:00pm - 9:00pm