

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 7:30am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
7:30am - 8:30am	Open Gym	Fitness & Development	Open Gym	Fitness & Development	Open Gym	Fitness & Development	Open Gym
9:00am - 10:00am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
10:00am - 11:00am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
11:00am - 12:30pm	Open Gym	Open Gym	Open Gym	Open Gym	Parkinsons Class	Open Gym	Parkinsons Class
12:45pm - 2:15pm	Open Gym	Open Gym	Women's Class	Open Gym	Women's Class	Open Gym	Women's Class
2:30pm - 4:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
4:00pm - 5:00pm	Open Gym	Open Gym	Kids & Youth	Open Gym	Kids & Youth	Open Gym	Open Gym
5:30pm - 7:00pm	Open Gym	Fight Team	Fight Team	Fight Team	Fight Team	Fight Team	Open Gym
7:00pm - 8:00pm	Open Gym	Fitness & Development	3Round Heroes	Fitness & Development	3Round Heroes	Fitness & Development	Open Gym
8:00pm - 9:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym

CLASS	Days & Time
Fitness & Development	Mon, Wed, Fri @ 7:30am - 8:30am
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
Womens	Tues & Thurs @ 12:45pm - 2:15pm
Parkinsons Class	Wed & Sat @ 11:00am - 12:30pm
3Round Heroes	Tues & Thurs @ 7:00pm - 8:00pm
Open Gym	6:00am - 9:00pm