



# FLAGSHIP FITNESS

- O X F O R D -

## MON-FRI

Group Class .....	5:30AM – 6:30AM
Open Gym .....	6:30AM – 9:00AM
Group Class .....	9:00AM – 10:00AM
Open Gym .....	10:00AM – 12:00PM
Group Class .....	12:00PM – 1:00PM
Open Gym .....	3:30PM – 5:30PM
Group Class .....	5:30PM – 6:30PM

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## SAT

Group Class .....	9:00AM – 10:00AM
Open Gym .....	10:00AM – 11:00AM