



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM WOD Group Class	7:00AM WOD Group Class	7:00AM WOD Group Class	7:00AM WOD Group Class	7:00AM WOD Group Class		
8:00am-12:30pm <i>Open Gym</i>	8:00am-12:30pm <i>Open Gym</i>	8:00am-12:30pm <i>Open Gym</i>	8:00am-12:30pm <i>Open Gym</i>	8:00am-12:30pm <i>Open Gym</i>	10:00AM WOD Group Class	10:00AM WOD Group Class
					11:00AM Fitness Group Class (TRX)	11:00AM Fitness Group Class (Kickboxing)
12:30PM WOD Group Class	12:30PM WOD Group Class	12:30PM WOD Group Class	12:30PM WOD Group Class	12:30PM WOD Group Class	12:00pm-15:00pm <i>Open Gym</i>	12:00pm-15:00pm <i>Open Gym</i>
1:30pm-7:00pm <i>Open Gym</i>	1:30pm-7:00pm <i>Open Gym</i>	1:30pm-7:00pm <i>Open Gym</i>	1:30pm-7:00pm <i>Open Gym</i>	1:30pm-7:00pm <i>Open Gym</i>	3:00PM WOD Group Class	3:00PM WOD Group Class
					4:00PM Kids Fit Group Class	4:00PM Kids Fit Group Class
					4:00pm-6:30pm <i>Open Gym</i>	4:00pm-6:30pm <i>Open Gym</i>
7:00PM WOD Group Class	7:00PM WOD Group Class	7:00PM WOD Group Class	7:00PM WOD Group Class	7:30PM WOD Group Class		
7:00PM Yoga Group Class (Gentle Flow)	7:00PM Fitness Group Class (Kickboxing)	7:00PM Yoga Group Class (Core & Inversion)	7:00PM Fitness Group Class (Bootcamp)	7:30PM Yoga Group Class (Yin/Yang & Meditation)		
8:00PM WOD Group Class	8:00PM WOD Group Class	8:00PM WOD Group Class	8:00PM WOD Group Class			