



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 Open Gym	8:00AM-12:30PM Open Gym	8:00AM-12:30PM Open Gym	8:00AM-12:30PM Open Gym	8:00AM-12:30PM Open Gym	10:00AM WOD Group Class	10:00AM WOD Group Class		
					11:00AM Fitness Group Class	11:00AM Fitness Group Class		
					12:00PM-3:00PM Open Gym	12:00PM-3:00PM Open Gym		
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-3:00PM Open Gym	12:00PM-3:00PM Open Gym		
1:30PM-7:00PM Open Gym	1:30PM-7:00PM Open Gym	1:30PM-7:00PM Open Gym	1:30PM-7:00PM Open Gym	1:30PM-7:00PM Open Gym			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 Open Gym	4:00PM - 6:30PM Open Gym
7:00M WOD Group Class	7:00M WOD Group Class	7:00M WOD Group Class	7:00M WOD Group Class	7:30M WOD Group Class				
7:00PM Yoga Group Class (Gentle Flow)	7:00PM Fitness Group Class	7:00PM Yoga Group Class (Core & Inversion)	7:00PM Fitness Group Class	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					