



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM-12:30PM ⁽¹⁾ Open Gym	9:00AM-12:30PM ⁽¹⁾ Open Gym	9:00AM-12:30PM ⁽¹⁾ Open Gym	9:00AM-12:30PM ⁽¹⁾ Open Gym	9:00AM-12:30PM ⁽¹⁾ Open Gym		
					10:00AM WOD Group Class	10:00AM WOD Group Class
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	10:00AM-6:00PM ⁽¹⁾⁽³⁾ Open Gym	10:00AM-6:00PM ⁽¹⁾⁽³⁾ Open Gym
12:30PM-9:00PM ⁽¹⁾⁽²⁾ Open Gym	12:30PM-9:00PM ⁽¹⁾⁽²⁾ Open Gym	12:30PM-9:00PM ⁽¹⁾⁽²⁾ Open Gym	12:30PM-9:00PM ⁽¹⁾⁽²⁾ Open Gym	12:30PM-9:00PM ⁽¹⁾⁽²⁾ Open Gym		
					3:00PM WOD Group Class	3:00PM Weightlifting Group Class
					4:00PM Kids Fit Group Class	4:00PM Kids Fit Group Class
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 Yoga Group Class (Core & Inversion)		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			

(1) Book 24-hour in advance

(2) NON-WOD AREA ONLY during 12:30PM – 1:30PM & 7:00PM – 9:00PM

(3) NON-WOD AREA ONLY during 10:00AM – 11:00AM & 3:00PM – 4:00PM