



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					10:00AM WOD Group Class	10:00AM WOD Group Class
11:30AM-12:30PM <sup>(1)</sup> Open Gym	11:30AM-12:30PM <sup>(1)</sup> Open Gym	11:30AM-12:30PM <sup>(1)</sup> Open Gym	11:30AM-12:30PM <sup>(1)</sup> Open Gym	11:30AM-12:30PM <sup>(1)</sup> Open Gym	10:00AM-6:00PM <sup>(1)(3)</sup> Open Gym	11:15AM – 12:30PM (Alternate Sundays) Singing Bowl Concert
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 <sup>(1)(3)</sup> Open Gym
12:30PM-9:00PM <sup>(1)(2)</sup> Open Gym	12:30PM-9:00PM <sup>(1)(2)</sup> Open Gym	12:30PM-9:00PM <sup>(1)(2)</sup> Open Gym	12:30PM-9:00PM <sup>(1)(2)</sup> Open Gym	12:30PM-9:00PM <sup>(1)(2)</sup> Open Gym	3:00PM WOD Group Class	3:00PM Weightlifting Class (limited to 8pax)
					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	7:30PM WOD Group Class		
7:00PM Yoga Group Class - Molly Yin & Meditation. All levels.	7:00PM Yoga Group Class - Miranda Yoga for Runners. All levels.	7:00PM Yoga Group Class – Mandy Core & Inversion. Beginners to Intermediate.	7:00PM Yoga Group Class - Miranda Gentle flow / Hatha 1. Beginners.	7:30PM Yoga Group Class - Molly Yoga for Weightlifters. All levels.		
8:00PM WOD Group Class	8:00PM WOD Group Class	8:00PM WOD Group Class	8:00PM WOD Group Class			

(1) Book or Cancel 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