

Weekly Class Schedule

<u>Time</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
6:00 AM	Group Class		Group Class		Group Class	
6:30 AM						
7:00 AM	Group Class		Group Class		Group Class	
7:30 AM		Barbell Club		Barbell Club		
8:00 AM		Barbell Club		Barbell Club		
8:30 AM						
9:00 AM						
9:30 AM	Group Class	Group Class	Group Class	Group Class	Group Class	Group Class
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM	Keep Moving		Keep Moving		Keep Moving	
12:00 PM						
12:30 PM		Group Class		Group Class		
1:00 PM						
1:30 PM	Keep Moving		Keep Moving		Keep Moving	
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	Group Class		Group Class		Group Class	
4:00 PM				Yoga		
4:30 PM			Teen Fitness		Teen Fitness	
5:00 PM						
5:30 PM		Group Class	Big Pull Barbell	Group Class	Big Pull Barbell	
6:00 PM						
6:30 PM			Big Pull Barbell		Big Pull Barbell	
7:00 PM						