

	MON	TUE	WED	THU	FRI	SAT	SUN													
5:30 AM						Mon-Fri ~ open @ 5:30 am Saturdays ~ open @ 7 am		5:30 AM												
6:00			Spin 6-6:45 am		Spin 6-6:45 am			6:00												
6:30								6:30												
7:00							7:00													
7:30							7:30													
8:00							8:00													
8:30							8:30													
9:00							9:00													
9:30	Silver Sneakers 9:30-10:15		Silver Sneakers 9:30-10:15		Silver Sneakers 9:30-10:15		9:30													
10:00							10:00													
10:30	NORTH GYM	NORTH GYM	NORTH GYM	NORTH GYM	NORTH GYM	NORTH GYM	NORTH GYM	10:30												
11:00								SOUTH GYM	SOUTH GYM	SOUTH GYM	SOUTH GYM	SOUTH GYM	SOUTH GYM	11:00						
11:30																				11:30
12:00 PM																				12:00 PM
12:30																				12:30
1:00																				1:00
1:30																				1:30
2:00																				2:00
2:30																				2:30
3:00																				3:00
3:30															Functional Core 3:30-4:15p					3:30
4:00																Tae Kwon Do 3:30-4:30p	Spin 3:30-4:15p			4:00
4:30				Tabata 4:15-4:45			4:30													
5:00							5:00													
5:30							5:30													
6:00							6:00													
6:30							6:30													
7:00							7:00													
7:30							7:30													
8:00							8:00													

**NO OPEN GYM
DURING THE
SHADED AREA
TIMES**

**Monday-Thursday ~ close @ 8 pm
Fridays ~ close @ 7 pm
Saturdays close @ 1**