

OUR WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	6:00 am - 6:45 am All Levels	6:00 am - 6:45 am All Levels	6:00 am - 6:45 am All Levels	6:00 am - 6:45 am All Levels	6:00 am - 6:45 am All Levels		
7:00 AM	7:00am - 7:45am All Levels	7:00am - 7:45am All Levels	7:00am - 7:45am All Levels	7:00am - 7:45am All Levels	7:00am - 7:45am All Levels		
8:30am						8:30am - 9:15am All Levels	
9:30 AM	9:30am - 10:15am All Levels	9:30am - 10:15am All Levels	9:30am - 10:15am All Levels	9:30am - 10:15am All Levels	9:30am - 10:15am All Levels	9:30am - 10:15am All Levels	9:30am - 10:15am All Levels
11:30 AM	11:30am - 1:30pm Open Gym All Levels	11:30am - 1:30pm Open Gym All Levels	11:30am - 1:30pm Open Gym All Levels	11:30am - 1:30pm Open Gym All Levels	11:30am - 1:30pm Open Gym All Levels		
4:15 PM	4:15pm - 5:00pm All Levels	4:15pm - 5:00pm All Levels	4:15pm - 5:00pm All Levels	4:15pm - 5:00pm All Levels	4:15pm - 5:00pm All Levels		
5:00 PM	5:00pm - 5:45pm All Levels	5:00pm - 5:45pm All Levels	5:00pm - 5:45pm All Levels	5:00pm - 5:45pm All Levels	5:00pm - 5:45pm All Levels		
5:45 PM	5:45pm - 6:00pm Abs	5:45pm - 6:00pm Abs	5:45pm - 6:00pm Abs	5:45pm - 6:00pm Abs	5:45pm - 6:00pm Abs		
6:00 PM	6:00pm - 6:45pm All Levels	6:00pm - 6:45pm All Levels	6:00pm - 6:45pm All Levels	6:00pm - 6:45pm All Levels	6:00pm - 6:45pm All Levels		
7:00 PM	7:00pm - 7:45pm All Levels	7:00pm - 7:45pm All Levels	7:00pm - 7:45pm All Levels	7:00pm - 7:45pm All Levels			