

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>METCON</b> 7:15-7:50 Q	<b>Hardcore Cycle</b> 6:00-6:45 Peter	<b>Warrior</b> 6:00-6:45 Q	<b>Hardcore Cycle</b> 6:00-6:45 Peter	<b>Scorched</b> 7:15-8:00 Q	<b>Run For It</b> 8:30-9:15 Paige	<b>Bootcamp</b> 8:30-9:15 David
<b>Strictly Strength</b> 8:30-9:15 Harry Otto	<b>METCON</b> 7:00-7:45 Brandon	<b>Full Body Training</b> 8:30-9:15 Patricia	<b>METCON</b> 7:00-7:45 Brandon	<b>Xtreme Conditioning</b> 8:30-9:15 Steve	<b>KarateStrike</b> 8:30-9:15 Harry Otto	<b>PURE Cycle</b> 9:30-10:15 Sheena
<b>Yoga</b> 9:15-10:15 Charlie	<b>Yoga</b> 9:00-10:00 Bonnie	<b>POP Cycle</b> 9:15-10:00 Patricia	<b>Yoga</b> 9:00-10:00 Bonnie	<b>Rhythm Ride</b> 9:15-10:00 Steve	<b>Yoga Charged</b> 8:30-9:30 Dana	<b>Barre</b> 10:00-11:00 Patricia
<b>SHRED45</b> 9:30-10:15 Harry Otto	<b>BARRE</b> 9:30-10:30 Jen	<b>Yoga</b> 9:15-10:15 Shari	<b>Run For It</b> 9:30-10:15 Jody	<b>Vinyasa Yoga</b> 9:30-10:30 Charlie	<b>QUEST</b> 9:30-10:15 Harry Otto	<b>Sunday Yoga</b> 9:30-10:30 Emily
<b>Slow Flow</b> 10:30-11:30 Charlie		<b>Quest</b> 9:15-10:00 Harry Otto	<b>Barre</b> 9:30-10:30 Jen	<b>Barre</b> 10:00-11:00 Cindy	<b>Barre</b> 9:30-10:30 Cindy	<b>METCON</b> 11:00-11:45 David
		<b>Slow Flow</b> 10:30-11:30 Charlie			<b>Hardcore Cycle</b> 9:45-10:30 Jimmy	
	<b>Midday METCON</b> 12:00-12:30 Jimmy/Brandon		<b>Midday METCON</b> 12:00-12:30 Jimmy/Brandon		<b>METCON</b> 10:30-11:00 Q	
<b>Vinyasa Yoga</b> 6:15-7:15 Dana		<b>Warm Vinyasa</b> 6:00-7:15 Sara				
<b>Total Body</b> 6:15-7:00 Steve		<b>METCON</b> 6:15-7:00 Jimmy				
	<b>Yoga Strength</b> 6:15-7:15 Charlie	<b>Barre</b> 6:15-7:15 Cindy	<b>Cycle after Dark</b> 6:00-6:45 Steve			
	<b>Cycle After Dark</b> 6:15-7:00 Sheena		<b>YIN Yoga</b> 6:15-7:15 Dana			

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	<u>CLUB HOURS</u>	<u>CHILD MINDING</u>
MON-THURS	5:30am-10:00pm	8:00am-12:00pm
FRIDAY	5:30am-9:00pm	8:00am-12:00pm
SAT-SUN	7:00am-7:00pm	8:00am-1:00pm

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