



Hours of Operation

Monday – Thursday 5:30am-9:30pm

Friday 5:30am-8:00pm

Weekends and Holidays 9:00am-5:00pm

CLASS SCHEDULE

	MON	TUE	WED	THU	FRI
5:30	NOTE: Highlighted Classes are PAY CLASSES (others are INCLUDED with your gym membership)				
6:00					
6:30					
7:00					
7:30					
8:00					
8:30					
9:00		Core & More		Core & More	
9:30			EXTREME		
10:00					
10:30					
11:00					
11:30					
12:00	Cardio Kickboxing		Cardio Sculpt		
12:30					
1:00					
1:30					
2:00					
2:30					
3:00					
3:30					
4:00					
4:30					
5:00					
5:15	Core & More		Core & More		
5:30					
6:00					
6:30	Zumba	EXTREME		EXTREME	
7:00					
7:30					
8:00					
8:30					
9:00					
9:30					