




















































GROUP FITNESS STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am		 STRENGTH	 30		 STRENGTH		
6:05am				 45			
8:00am							
8:10am							
8:40am							
9:00am							
9:15am				 30			
9:50am							
10:05am							
10:20am							
4:30pm							
5:30pm			 STRENGTH	 45			
6:10pm		 45					
6:35pm							

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am							
6:05am		 30					
8:15am							
8:50am							
9:15am				 30			
5:45pm							
6:10pm							

OUTDOOR FUNCTIONAL TRAINING AREA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30am							
9:50am							
5:30pm		