

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MX4 8:00 AM Lauren	MX4 6:00 AM RR Megan	STRIKE 8:00 AM Travis	STRIKE 6:00 AM RR Megan	MX4 6:00 AM RR Breanna	Bootcamp 8:00 AM Mike G	STRIKE 8:00 AM Eric
Tilton Bootcamp 9:00 AM Mike	STRIKE 7:00 AM Lauren	Bootcamp 9:00 AM Mike G.	MX4 7:00 AM Travis	STRIKE 7:00 AM Lauren	STRIKE 9:00 AM Travis	MX4 10:15 AM Breanna
Tilton Bootcamp 10:00 AM Megan	MX4 9:00 AM Megan	STRIKE 10:00 AM Eric	Bootcamp 9:00 AM Mike G	MX4 8:00 AM Lauren	Kids' MX4 10:00 AM Travis	
MX4 4:00 PM Travis	MX4 4:00 PM Travis	Reformers 10:30 AM RR Ann	MX4 5:00 PM Lauren	STRIKE 9:00 AM RR Ann		
STRIKE 5:00 PM RR Ann	STRIKE 5:00 PM Lauren	MX4 5:00 PM Megan	STRIKE 6:00 PM Lauren	MX4 10:00 AM Erin		
MX4 6:00 PM Erin	MX4 6:00 PM Lauren	Kids' STRIKE 6:00 PM Travis	MX4 7:00 PM Travis	Reformers 10:00 AM RR Ann		
STRIKE 7:00 PM Travis	Reformers 6:30 PM RR Erin	Reformers 6:30 PM RR Erin		MX4 4:00 PM Matt		
				STRIKE 5:00 PM Breanna		
				Reformers 6:00 PM RR Erin		

Fundamentals Classes

Monday	Wednesday	Saturday
9:00 AM 4:00 PM	9:00 AM 4:00 PM	10:00 AM

Reservation Required **RR**

STRIKE & MX4 Max 12 people

Club Hours
Open 24 Hours

Kids' Club Hours
Monday-Friday
9AM-12PM & 4PM-8PM
Saturday
8AM-1PM
Sunday
9AM-12PM

Note: Class and instructors are subject to change without prior notice. **Reservations open at 4 AM. As a courtesy to other members, please arrive to class on time.**

Cellphones are not permitted in class. Thank You