

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core & Cardio Acceleration 5:45 AM Jen	Strength & Conditioning 5:30 PM Gary	Ultimate Conditioning 5:45 AM Jen	Lifting 101 4:30 PM Karinne	Liquid Strength 7:30 AM Kori	Lifting 101 9:00 AM Karinne	
TRX 4:30 PM Maureen		MetCon 101 6:00 PM Adam	HIIT Kickboxing 5:30 PM Rachel	Simply Circuits 5:00 PM Gary		
HIIT Kickboxing 5:30 PM Rachel		TRX 7:00 PM Sharon				

Fundamentals Classes


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 PM	11:00 AM 6:00 PM			9:00 AM	

Reservation Required 

Club Hours
Monday-Friday
 5 AM - 11PM
Saturday - Sunday
 7 AM - 7PM

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

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

 Cellphones are not permitted in class. Thank You