

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MAX'D</b> 8:30 AM <b>RR</b> Rafael	<b>MX4</b> 8:00 AM <b>RR</b> Rafael	<b>MAX'D</b> 9:00 AM <b>RR</b> Rafael	<b>STRIKE</b> 6:00 AM <b>RR</b> Rafael	<b>STRIKE</b> 9:30 AM <b>RR</b> Ruthie	<b>STRIKE</b> 9:00 AM <b>RR</b> Adam	
<b>STRIKE</b> 9:30 AM <b>RR</b> Ruthie	<b>STRIKE</b> 9:00 AM <b>RR</b> Natalie	<b>Pilates</b> <b>Reformer 101</b> 9:30 AM <b>RR</b> Erin	<b>MX4</b> 8:00 AM <b>RR</b> Rafael		<b>Kids' Fit</b> 11:00 AM Rafael	
<b>Pilates</b> <b>Reformer</b> 9:30 AM <b>RR</b> Erin	<b>Pilates</b> <b>Reformer 101</b> 11:15 AM <b>RR</b> Faye	<b>MX4</b> 10:00 AM Katie	<b>STRIKE</b> 9:00 AM <b>RR</b> Natalie			
<b>MX4</b> 10:00 AM <b>RR</b> David	<b>STRIKE</b> 6:00 PM <b>RR</b> Adam	<b>Pilates</b> <b>Reformer 101</b> 4:30 PM <b>RR</b> Sara	<b>Tai Chi</b> 11:00 AM Sifu Joe			
<b>Pilates</b> <b>Reformer</b> 10:30 AM <b>RR</b> Ruthie	<b>MX4</b> 6:00 PM <b>RR</b> Justin	<b>Pilates</b> <b>Reformer 101</b> 5:30 PM <b>RR</b> Sara	<b>STRIKE</b> 5:30 PM <b>RR</b> Adam			
<b>STRIKE</b> 6:00 PM <b>RR</b> Natalie		<b>STRIKE</b> 5:30 PM <b>RR</b> Natalie	<b>MX4</b> 6:00 PM <b>RR</b> Mike K			
<b>Tai Chi</b> 7:30 PM Sifu Joe						

Reservation  
Required **RR**

**STRIKE & MX4 - 12 People Max**


**Fundamentals Classes**

Monday	Wednesday
6:00 PM	6:00 PM

**Club Hours**  
Open 24 Hours

**Kids' Club Hours**  
**Monday-Friday**  
8:30 AM - 1 PM & 4 PM-8 PM  
**Saturday**  
8:30 AM - 1 PM

**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