



- 6:00 am - 7:00 am - (Group Class)
- 7:00 am - 9:00 am (Open Gym)
- 9:00 am - 10:00 am (Group Class)
- 11:00 am - 1:00 pm (Open Gym)
- 3:30 pm - 4:30 pm (Group Class)
- 4:30 pm - 5:30 pm (Group Class)
- 5:30 pm - 6:30 pm (Group Class)
- 6:30 pm - 7:30 pm (Group Class)
- 7:30 pm - 8:30 pm (Group Class)

Classes start promptly at the scheduled time and last approximately an hour.

### **Saturday: Classes**

- 8:30 am-12:00 pm  
Open to all members but not a formal class, workout will be posted on the board.
- 9:00 am - 10:30 am  
Back to the Basics (Intro Course)  
Members will sign up for class a week in advance