








Red Rock Fitness (405) 748-4544

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<u>Early AM</u>	5:45am Spin 	6am Sweat Shop	5:45am Spin 	6am Sweat Shop	6am Sweat Shop	
<u>Mid-AM</u>	10am Sweat Shop		10am Sweat Shop		10am Sweat Shop	8:30am  Spin 9:30am Sweat Shop
<u>Evening</u>	5pm 6pm 7pm Sweat Shop  6pm Spin	5pm 6pm 7pm Sweat Shop  6pm Spin	6pm 7pm Sweat Shop  6pm Spin	6pm 7pm Sweat Shop  6pm Spin		

**SWEAT SHOP (BOOTCAMP) - 45 MIN
SMALL GROUP PERSONAL TRAINING
SESSION.**

SPIN - 45 MIN CYCLING CLASS.



Red Rock Fitness OKC

Childcare Hours

Mon-Sat 8am-Noon
Mon-Thurs 4:45pm-7:45pm
Fri 4:45pm-7pm

Club Hours

Mon-Thurs 4:45am-10pm
Fri 4:45am-8pm
Sat 8am-7pm
Sun 11am-6pm

Tanning - \$15/Month
Sweat Shop - \$49/Month

2137 NW 138th Street
Penn & Memorial (between Toys R Us and Hobby Lobby)