

Open HIIT TIME



DENOTES OPEN TIMES

FALL / WINTER

5:00am	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30pm							
6:00am					HITT CLASS		
6:30pm					HITT CLASS		
7:00am					HIIT CLASS		
7:30pm	OPEN TIME						
8:00pm							
8:30pm							
9:00am		HIIT CLASS	HIIT CLASS		HIIT CLASS		
9:30pm		HIIT CLASS	HIIT CLASS		HIIT CLASS		HIIT CLASS
10:00am		HIIT CLASS	HIIT CLASS		HIIT CLASS		HIIT CLASS
10:30pm							HIIT CLASS
11:00am							
11:30am						CHAIR YOGA	
12:00pm						CHAIR YOGA	
12:30pm						CHAIR YOGA	
1:00pm							
1:30pm	OPEN TIME						
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm		HIIT CLASS			HIIT CLASS		
5:00pm		HIIT CLASS			HIIT CLASS		
5:30pm		HIIT CLASS			HIIT CLASS		
6:00pm		TRX		HIIT CLASS	TRX		
6:30pm		TRX		HIIT CLASS	TRX		
7:00pm		TRX		HIIT CLASS	TRX		
7:30pm		TRX			TRX		
8:00pm							
8:30pm							
9:00pm							
9:30pm							
10:00pm							