

Open

HIIT TIME

SUMMER

■ DENOTES OPEN TIMES

5:00am	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
5:30pm										
6:00am					HIIT CLASS					
6:30pm					HIIT CLASS					
7:00am	OPEN TIME				HIIT CLASS					
7:30pm										
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		ELITE ACADEMY	ELITE ACADEMY	ELITE ACADEMY	ELITE ACADEMY	CHAIR YOGA				
1:00pm		↓	↓	↓	↓					
1:30pm										
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	OPEN TIME									
8:30pm										
9:00pm										
9:30pm										
10:00pm										