

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	WEEKEND
14:15 - 15:00 Gymfit	14:15 - 15:00 Strength	14:15 - 15:00 Cardio & Core	14:15 - 15:00 Strength	14:15 - 15:00 Gymfit	08:00 - 08:45 Sweat (Friday/Saturday)
15:00 - 15:45 Strength	15:00 - 15:45 Bootcamp	15:00 - 15:45 Boxercise	15:00 - 15:45 Bootcamp	15:00 - 15:45 Strength	17:15 - 18:00 Sweat (Saturday Only)
16:00 - 16:45 Gymfit	16:00 - 16:45 Boxercise	16:00 - 16:45 Gymfit	16:00 - 16:45 Pump	16:00 - 16:45 Gymfit	
17:15 - 18:00 Strength	17:15 - 18:00 Gymfit	17:15 - 18:00 Strength	17:15 - 18:00 Gymfit	17:15 - 18:00 Strength	
18:00 - 19:00 Open Gym	18:00 - 19:45 Open Gym	18:00 - 19:00 Open Gym	18:00 - 19:45 Open Gym	18:00 - 19:00 Open Gym	

