



CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	Adult FIT	Adult FIT	Adult FIT	Adult FIT	Adult FIT	
6:00AM						
6:30AM						
7:00AM						
8:00AM						Adult FIT
8:30AM						
9:00AM	Adult FIT	Adult FIT	Adult FIT	Adult FIT	Adult FIT	Family
9:30AM						
10:00AM						Teen Strong
10:30AM						
12:00PM	Adult FIT	Adult FIT	Adult FIT	Adult FIT	Adult FIT	
12:30PM						
3:00PM						
3:30PM	H/S Development	Teen Strong	H/S Development	Teen Strong	H/S Development	
4:00PM						
4:30PM	Adult FIT	Teen Strong	Adult FIT	Teen Strong	Adult FIT	
5:00PM						
5:30PM						
5:45PM						
6:00PM	Adult FIT	Adult FIT	H/S Development	Adult FIT	Adult FIT	
6:30PM						
7:00PM						
7:15PM						
7:30PM	H/S Development					
8:00PM						

*Schedule subject to change

Teen strong (10-14 years old) | H/S Development (14-18 years old) | Adult (18+) Family (10+) – All children must be accompanied by a parent