

Sunday**Monday****Tuesday****Wednesday****Thursday****Friday****Saturday**

6:00am



9:00am

10:00am

**Mom
FIT**
10:15 -
11:00AM**Open
Gym**
10:00-
11:30AM

11:00am

12:00pm

1:00pm

2:00pm

3:00pm

4:00pm

5:00pm

6:00pm

7:00pm

**AdaptFIT
& FocusFIT**
1:1 Training**TogetherFIT**
5:15-6:15PM**TogetherFIT**
6:15-7:15PM**Legends**
10:15 - 11:00AM**MomFIT**
11:15 - 12:00PM**AdaptFIT
& FocusFIT**
1:1 Training**TogetherFIT**
5:15-6:15PM**TogetherFIT**
6:15-7:15PM**Legends**
10:15 - 11:00AM**AdaptFIT
& FocusFIT**
1:1 Training**KidFIT**
4:30-
5:15PM**KidFIT**
5:30-6:15PM**T.FIT**
6:15-
7:15PM**Open
Gym**
6:15-
7:15PM**Quick
Fit**
4:40-
5:10PM**Legends**
10:15 - 11:00AM**MomFIT**
11:15 - 12:00PM**AdaptFIT
& FocusFIT**
1:1 Training**TogetherFIT**
5:15-6:15PM**TogetherFIT**
6:15-7:15PM**Legends**
9:15 - 10:00**AdaptFIT
& FocusFIT**
1:1 Training**Open Gym**
5:00-6:00PM**TogetherFIT**
10:00-11:00AM