

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am ⚡							
9:00am							
10:00am	Mom FIT 10:15 - 11:00AM						
11:00am	Open Gym 10:00-11:30AM	Legends 10:15 - 11:00AM	Legends 10:15 - 11:00AM		Legends 10:15 - 11:00AM	Legends 9:15 - 10:00	TogetherFIT 10:00-11:00AM
12:00pm					MomFIT 11:15 - 12:00PM		
1:00pm		AdaptFIT & FocusFIT 1:1 Training	AdaptFIT & FocusFIT 1:1 Training	AdaptFIT & FocusFIT 1:1 Training	AdaptFIT & FocusFIT 1:1 Training	AdaptFIT & FocusFIT 1:1 Training	
2:00pm							
3:00pm							
4:00pm							
5:00pm				KidFIT 4:30-5:15PM	Quick Fit 4:40-5:10PM		
6:00pm		TogetherFIT 5:15-6:15PM	TogetherFIT 5:15-6:15PM	KidFIT 5:30-6:15PM	TogetherFIT 5:15-6:15PM	Open Gym 5:00-6:00PM	
7:00pm		TogetherFIT 6:15-7:15PM	TogetherFIT 6:15-7:15PM	T.FIT 6:15-7:15PM	Open Gym 6:15-7:15PM		