



# Group Exercise Schedule

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rev: 5/6/17



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am - 9:00am	5:15am - 6:20am	5:30am - 6:20am	5:30am - 6:20am	5:30am - 6:20am	5:30am - 6:20am	7:45am - 8:50am
8:30am - 9:20am	5:30am - 6:30am	<b>BOOT CAMP</b> 5:45am - 6:30am	5:30am - 6:15am	<b>BOOT CAMP</b> 5:45am - 6:30am	5:30am - 6:30am	8:00am - 9:00am
9:15am - 10:15am	9:15am - 10:05am	9:15am - 10:05am	9:15am - 10:05am	9:15am - 10:05am	9:15am - 10:05am	9:15am - 10:05am
10:30am - 11:30am	9:15am - 10:15am	9:15am - 10:15am	9:15am - 10:15am	9:15am - 10:15am	9:15am - 10:15am	9:15am - 10:15am
	10:15am - 11:05am		10:30am - 11:30am	10:30am - 11:30am	10:30am - 11:30am	10:30am - 11:30am
	4:15pm - 5:15pm	4:15pm - 5:00pm		4:30pm - 5:30pm	5:30pm - 6:30pm	
	5:30pm - 6:30pm	5:15pm - 6:15pm	5:30pm - 6:30pm	5:35pm - 6:05pm	<p><b>KIDS' CLUB HOURS</b></p> <p><u>Mornings</u> Mon - Sat 9:00am - 12:00pm</p> <p><u>Evenings</u> Mon - Thur 5:00pm - 8:00pm</p> <p>PLEASE PAY AT FRONT DESK</p>	
	6:00pm - 6:50pm	6:00pm - 6:50pm	6:00pm - 6:50pm	6:00pm - 6:50pm		
	6:45pm - 7:45pm	6:30pm - 7:00pm	6:45pm - 7:45pm	6:45pm - 7:45pm		
	7:55pm - 8:55pm	7:00pm - 7:45pm	7:55pm - 8:55pm			

All classes will start and end on time. Please arrive 5 to 10 minutes early for setup. Don't forget water and a towel.  
PLEASE SIGN UP FOR ALL CLASSES AT FRONT COUNTER. SIGN UPS START 45 MINUTES PRIOR TO ALL CLASSES.