



SCHEDULE

Subject to change without notice



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
6:30AM							
7:00AM							
7:30AM							
8:00AM							
8:30AM							
9:00AM	DesignFIT (9:15am-10am)	Boxing / DesignFIT (9am-10am)	DesignFIT (9:15am-10am)	Boxing / DesignFIT (9am-10am)	DesignFIT (9:15am-10am)		
9:30AM							
10:00AM							
10:30AM							
11:00AM							
11:30AM							
12:00PM		CARE Intermix (12:15pm-1pm)		CARE Intermix (12:15pm- 1pm)			
12:30PM							
1:00PM							
1:30PM			PWR! Moves (1:30pm-2:30pm)				
2:00PM			PWR! Moves (2:30pm-3:30pm)				
2:30PM			PWR! Moves (3:30pm-4:30pm)				
3:00PM							
3:30PM							
4:00PM							
4:30PM	Team Training (4:30pm-5:30pm)	Teens Empowered (4:30pm-5:30pm)	Teens Unleashed (4:30pm-5:30pm)	Team Training (4:15pm-5:15pm)			
5:00PM							
5:30PM	FUNDamentals of Lifitng (5:30pm-6:30pm)	Team Training (5:30pm-6:30pm)					
6:00PM							
6:30PM	Body Positive Fitness (6:30pm-7:30pm)	TRX & Tabata / Empowered & Unleashed (6pm-7pm)	ViPR (6:30pm-7:30pm)	TRX & Tabata (6pm-7pm)			Women's Only Fitness (6:30pm- 7:30pm)
7:00PM							
7:30PM	Team Training (7:30pm-8:30pm)	Women's Only Fitness (7pm-8pm)					
8:00PM							
8:30PM							
9:00PM							