

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		CORE!	CROSS TRAINING	ROCK BOTTOM	SPARTAN STRENGTH		
7:00 AM		FUNCTIONAL FITNESS	BOOT CAMP	FUNCTIONAL FITNESS	H.I.I.T		
8:00 AM		OPEN GYM OPEN OBSTACLES	UPPER BODY CONDITIONING	OPEN GYM OPEN OBSTACLES	OPEN GYM OPEN OBSTACLES		
9:00 AM	ROCK BOTTOM	H.I.I.T	CORE!	H.I.I.T	UPPER BODY CONDITIONING	FAMILY FUN DAYS	OBSTACLE RACE AND TRAINING FITNESS
10:00 AM	CORE!	CROSS TRAINING PiYo	FUNCTIONAL FITNESS MOM STRONG	BOOT CAMP	FUNCTIONAL FITNESS MOM STRONG	FAMILY FUN DAYS	FAMILY FUN DAYS
11:00 AM	FAMILY FUN DAYS	FAMILY FUN DAYS	PRIVATE EVENT	FAMILY FUN DAYS	FAMILY FUN DAYS	FAMILY FUN DAYS	FAMILY FUN DAYS
NOON	FAMILY FUN DAYS	FAMILY FUN DAYS	PRIVATE EVENT	FAMILY FUN DAYS	FAMILY FUN DAYS	FAMILY FUN DAYS	FAMILY FUN DAYS
1:00 PM	FAMILY FUN DAYS	FAMILY FUN DAYS	FAMILY FUN DAYS	FAMILY FUN DAYS	FAMILY FUN DAYS	FAMILY FUN DAYS	FAMILY FUN DAYS
2:00 PM	FAMILY FUN DAYS	FAMILY FUN DAYS	FAMILY FUN DAYS	FAMILY FUN DAYS	FAMILY FUN DAYS	FAMILY FUN DAYS	
3:00 PM	FAMILY FUN DAYS	FAMILY FUN DAYS	FAMILY FUN DAYS	FAMILY FUN DAYS	FAMILY FUN DAYS		
4:00 PM	PIYO EXPRESS	ROCK BOTTOM	PIYO EXPRESS	UPPER BODY CONDITIONG	PLYOGA		
5:00 PM	BOOT CAMP	FITNESS WITH BEN	H.I.I.T	CORE!	ROCK BOTTOM		
6:00 PM	BEGINNER OCR TRAINING	OBSTACLE RACE AND TRAINING FITNESS	TOTAL BODY CONDITIONING	OCR ENDURANCE	CROSS TRAINING		
7:00 PM	CORE!		ROCK BOTTOM				

{Open Gym available during Open Hours, classes get right of way for space and equipment}

AGE LIMITS: Children 11-13 years old will be permitted to take group classes with a parent or guardian. Children 14 years and up will be permitted to take group exercise classes with consent of parent or guardian