

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	FITNESS WITH BEN	CORE!	FITNESS WITH BEN	BODY WEIGHT BOOTCAMP	FITNESS WITH BEN		
7:00 AM	OPEN GYM	FUNCTIONAL FITNESS	OPEN GYM	UPPER BODY CONDITIONING	OPEN GYM		
8:00 AM	FITNESS WITH BEN	OPEN GYM/OPEN OBSTACLES	UPPER BODY CONDITIONING	OPEN GYM/OPEN OBSTACLES	FITNESS WITH BEN		
9:00 AM	ROCK BOTTOM	OBSTACLE RACE AND TRAINING FITNESS	CORE!	ROCK BOTTOM	UPPER BODY CONDITIONING	PLYOGA	CLOSED
10:00 AM	CORE!		FUNCTIONAL FITNESS		FUNCTIONAL FITNESS	BEGINNER OCR TRAINING	
11:00 AM						OPEN GYM	
NOON							
1:00 PM			HOME SCHOOL GROUP				
2:00 PM			HOME SCHOOL GROUP				
3:00 PM							
4:00 PM							
5:00 PM	BOOT CAMP	OPEN GYM/OPEN OBSTACLES	FITNESS WITH BEN	MOBILITY	ROCK BOTTOM		
6:00 PM	BEGINNER OCR TRAINING	OBSTACLE RACE AND TRAINING FITNESS	BARBELL STRENGTH TRAINING	OCR ENDURANCE	CROSS TRAINING		
7:00 PM		OBSTACLE RACE AND TRAINING FITNESS	FITNESS WITH BEN	OCR ENDURANCE			

(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