



WEEKLY SCHEDULE

**** SCHEDULE IS TENTATIVE AND SUBJECT TO CHANGE**

**** CLASS DESCRIPTIONS COMING SOON**

ADULT SCHEDULE

MONDAY

5:30AM - CYCLE
6:00AM - TURF
6:00AM - BOXING

9:30AM - TURF

12:00PM - BOXING
12:00PM - TURF
12:00PM - TRX

4:45PM - TURF
5:00PM - BOXING
5:30PM - CYCLE
6:00PM - TURF
6:15PM - BOXING
6:30PM - TRX

TUESDAY

5:30AM - TURF
6:00AM - YOGA
6:00AM - TRX

9:30AM - TRX

12:00PM - BOXING
12:00PM - TURF
12:00PM - CYCLE

5:00PM - TURF
5:30PM - BOXING
6:30PM - TURF
6:45PM - BOXING
6:45PM - TRX

WEDNESDAY

5:30AM - CYCLE
6:00AM - TURF
6:00AM - BOXING

9:30AM - TURF

12:00PM - BOXING
12:00PM - TURF
12:00PM - TRX

4:45PM - TURF
4:45PM - CYCLE
5:15PM - BOXING
6:15PM - TURF
6:30PM - BOXING

THURSDAY

5:30AM - TURF
6:00AM - YOGA
6:00AM - TRX

9:30AM - TRX

12:00PM - BOXING
12:00PM - TURF
12:00PM - CYCLE

5:00PM - TURF
5:30PM - YOGA
6:30PM - TURF
6:30PM - BOXING

FRIDAY

5:30AM - TURF
5:30AM - CYCLE
6:00AM - BOXING

9:30AM - TURF

12:00PM - BOXING
12:00PM - TURF

4:30PM - TURF
5:30PM - BOXING
5:45PM - TURF

SATURDAY

7:30AM - TURF
8:00AM - YOGA
8:30AM - TRX
9:00AM - CYCLE
9:15AM - BOXING
9:30AM - TURF
10:30AM - BOXING
11:00AM - TURF

SUNDAY

8:30AM - TURF
8:30AM - YOGA
9:45AM - BOXING
2:30PM - TURF
3:00PM - YOGA
3:45PM - TURF
4:00PM - CYCLE
4:30PM - BOXING

YOUTH SCHEDULE

MONDAY-FRIDAY

4:00PM - 8-11 YR OLDS
5:15PM - 12-15 YR OLDS

SATURDAY

8:30AM - 8-11 YR OLDS
9:45AM - 12-15 YR OLDS

SUNDAY

2:30PM - 8-11 YR OLDS
3:45PM - 12-15 YR OLDS

