

SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	6am	6am	6am	6am		
7:15am	7:15am	7:15am	7:15am	7:15am	7:15am	
9:15am	9:15am	9:15am	9:15am	9:15am	8:30am	9am
10:30am Open Gym	10:30am Open Gym	10:30am Open Gym	10:30am Open Gym	10:30am Open Gym	9:45am	10:15am Active Recovery
11:45am	11:45am	11:45am	11:45am	11:45am		
5pm Open Gym	5pm Open Gym	5pm Open Gym	5pm Open Gym	5pm Open Gym		
6:15pm	6:15pm	6:15pm	6:15pm	6:15pm		
7:30pm	7:30pm	7:30pm	7:30pm			

Lifting platforms are also available to members at all class and open gym times

Aug 2021