

CLASS SCHEDULE

HOURS: MON-THUR 6:00 AM - 9:00 PM • FRI 6:00 AM - 8:00 PM • SAT 9:00 AM - 4:00 PM • SUN CLOSED

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am	_____	_____	_____	BOXING BRIAN	_____	_____
10:00 am	_____	_____	_____	HIIT CARDIO BRIAN	_____	HIIT CARDIO ANDRE
5:00pm	BOXING BRIAN	_____	_____	_____	_____	_____
6:00pm	YOUTH ATHLETIC PERFORMANCE BRIAN	_____	_____	HIIT CARDIO ANDRE	_____	_____
7:00pm	_____	HIIT CARDIO ANDRE	_____	_____	_____	_____
8:00pm	YOGA SHAINA	_____	_____	_____	_____	_____