

Training Schedule

Up-to-date Training schedule available on-line

Monday – Thursday 5:45 am – 7:00 pm • Friday 5:45 am – 4:00 pm • Saturday 7:45 am – Noon

Limited Memberships Times 
Semi-Private 
Team Training 
 *Afterburn*
 *Pure Strength*
 *Yoga*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am		<i>PS</i>			<i>AB</i>	
7:00 am					<i>Yoga</i>	
8:00 am	<i>AB</i>		<i>PS</i>			
9:00 am				<i>PS</i>		<i>AB</i>
10:00 am	<i>PS</i>	<i>AB</i>	<i>AB</i>	<i>AB</i>	<i>PS</i>	<i>PS</i>
11:00 am						
12:00 pm						
1:00 pm						
2:00 pm						
3:00 pm						
4:00 pm						
5:00 pm						
6:00 pm		<i>AB</i>	<i>PS</i>	<i>AB</i>		