



Weekly schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00	PT	PT	Open Gym 6am	Open Gym 6am	PT	PT	
08:00	PT	PT	08:00 - 08:45 Move+Burn 45min	PT	08:00 - 08:45 Move+Burn 45min	Move Hybrid 60min	
09:00	PT	09:00-09:45 Move+Strengthen	PT	09:00 - 09:45 Move+Burn 45min	PT	PT	Open Gym
10:00	PT	PT	PT	PT	PT	PT	Open Gym
11:00	PT	PT	PT	PT	PT	PT	Open Gym
12:00	12:00 - 12:45 Move+Burn 45min	Open Gym	12:00-13:00 Move+Strengthen 60min	Open Gym	12:00-13:00 Move+Strengthen 60min	Open Gym	Open Gym
13:00	PT Private Class	PT	PT	Open Gym	Open Gym	Open Gym	Open Gym
14:00	Open Gym Women Only	PT	PT	PT	PT	Open Gym	Open Gym
15:00	Open Gym Women Only	Open Gym	PT	PT	PT	Open Gym	
16:00	Open Gym Women Only	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
17:00	Open Gym Women Only	PT Private Class	Open Gym	Open Gym	Open Gym	Open Gym	
18:00	18:15-19:00 Women's Only Class	Open Gym	Move Hybrid 60min	Open Gym	Move Hybrid 60min		
19:00	19:15-20:00 Move+Strengthen Womens Only	Open Gym	Open Gym	Open Gym	Open Gym		
20:00	Open Gym Women Only	Open Gym	Open Gym	Open Gym	Open Gym		