

## REGULAR WEEKLY GROUP FITNESS TRAINING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult 6:00am		Adult 6:00am		Adult 6:00am	Adult 9:00am	Adult 9:00am
Teen 7:00am		Teen 7:00am		Teen 7:00am	Teen 10:15am	Teen 10:15am
Adult 8:45am	Adult 8:45am	Adult 8:45am	Adult 8:45am	Adult 8:45am		
Adult 10:00am		Adult 10:00am		Adult 10:00am		
Adult 12:00pm	Adult 12:00pm	Adult 12:00pm	Adult 12:00pm	Adult 12:00pm		
Teen 5:00pm	Teen 5:00pm	Teen 5:00pm	Teen 5:00pm	Teen 5:00pm		
	Adult 6:15pm		Adult 6:15pm			

**NOTE:** During registration, you will not see the classes that are full, or changed for another reason.

# **SUMMER WEEKLY GROUP FITNESS TRAINING SCHEDULE**

Effective: June 19th - August 20th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult 6:00am		Adult 6:00am		Adult 6:00am	Adult 9:00am	Adult 9:00am
Teen 9:15am	Teen 9:15am	Teen 9:15am	Teen 9:15am	Teen 9:15am	Teen 10:15am	Teen 10:15am
Adult 8:45am	Adult 8:45am	Adult 8:45am	Adult 8:45am	Adult 8:45am		
Adult 10:00am		Adult 10:00am		Adult 10:00am		
Adult 12:00pm	Adult 12:00pm	Adult 12:00pm	Adult 12:00pm	Adult 12:00pm		
Teen 5:30pm	Teen 5:30pm	Teen 5:30pm	Teen 5:30pm	Teen 5:30pm		
	Adult 6:15pm		Adult 6:15pm			

**NOTE:** During registration, you will not see the classes that are full, or changed for another reason.