







































Group Fitness Schedule

Schedule Effective
 February 13, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am 	5:30am Hills-Drills (cycle)	5:30am 	5:30am Hills-Drills (cycle) 	5:30am  6:00am 	7:30am Hills-Drills (cycle) 8:00am-90 min. Extreme Ride	
8:45am 	8:30am 	8:30am 	8:30am 	8:30am 	8:30am 	8:30am 
9:30am 	9:30am 	9:30am 	9:30am Hills-Drills (cycle)	9:30am Cardio Box & Boot Camp	9:40am 	9:30am 
9:30am 		9:30am 	9:30am 	9:30am Hills-Drills (cycle)	10:40am 	9:40am 
10:40am B.A.C.		10:40am 	10:40am 	10:40pm 	12:00 noon 	10:40am 
4:30pm 	4:30pm 	4:30pm 	4:30pm 	4:30pm 		12noon 
5:40pm 	5:40pm 	5:40pm 	5:40pm 	<p align="center">Club Hours Monday – Thursday: 5am – 10pm Friday: 5am – 9pm Saturday & Sunday: 7am – 8pm</p> <p align="center">Child Watch Sessions Monday – Friday 9:00am – 10:30am & 10:30am – 12:00 12:00-1:30pm***** Monday - Thursday 4:00-5:45pm 5:45 pm-7:45pm 4Saturday 8:00am – 9:30am & 9:30am – 11:30am</p> <p align="center">****No Sessions for July & August</p>		
6:40pm 	6:40pm SUPER BOX	6:40pm 	6:40pm 			
7:40pm 	6:30pm 	7:40pm 	6:30pm 			
	7:45pm 