

Spring 2017

	6 – 7 a.m.	8 – 9 a.m.	9 – 10 a.m.	10 – 11 a.m.	11 – 12 a.m.	12 - 1	1 – 2 p.m.	2 – 3 p.m.	3 – 4 p.m.	4 – 5 p.m.	5 – 6 p.m.	6 – 7 p.m.	7 – 8 p.m.
Mon			Barre			Strength Training				Boot Camp 4:30 – 5:30	Core Fit/TFWC 5:30 – 6:00/6:30 Tai Chi 5:30 – 6:30	Karate 6:00-7:15	
Tues		Zumba 8:30 – 9:20	Adv Yoga 9:30 – 10:40			Core Fit (30 min) 12:15 – 12:45					Yoga Basics 5:30 – 6:40		Volleyball 7:00-8:30
Wed			Barre		Yoga Basics 10:50 – 12:00	Strength Training				Boot Camp 4:30 – 5:30	Core Fit/TFWC 5:30 – 6:00/6:30 Tai Chi 5:30 – 6:30	Rock Climbing (6:00 – 8:00)	
Thur		Zumba 8:30 – 9:20	Adv Yoga 9:30 – 10:40			Core Fit (30 min) 12:15 – 12:45				Karate 4:00-5:15	Zumba 5:30 – 6:20	Volleyball 6:30-8:00	
Fri			9:00 – 1:00			Strength Training							
Sat			9:00 – 1:00										
Sun		CLOSED											

Work Out Room – available during all regular Fitness Center Hours for Open Workout/Membership/Bonus Workouts .