

Spring 2018

	8-9 a.m.	9-10 a.m.	10-11 a.m.	11-12 a.m.	12-1 p.m.	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		9:30-10:30 Karate			Strength Training				Boot Camp 4:30-5:30	→ Tai Chi 5:30-6:30 Yoga 5:30-6:40	→	Kid's Karate (Cont. Ed)
Tues		Adv Yoga 9:30-10:40	→		Core Fit (30 min) 12:15-12:45				Zumba 4:30-5:20	→	Volleyball 6-7:30	→
Wed	Adv Yoga	9:30-10:30 Karate			Strength Training			Youth Yoga (Cont. Ed)	Boot Camp 4:30-5:30	→ Tai Chi 5:30-6:30	→ Rock Climbing 6:00-8:00	→ Kid's Karate (Con. Ed)
Thur		Adv Yoga 9:30-10:40			Core Fit (30 min) 12:15-12:45				Zumba 4:30-5:30			
Fri		Open 8-2			Yoga 12-1		CLOSED					
Sat		Open 9-1					CLOSED					
Sun	CLOSED											

Workout room available during all regular business hours for Open Workout/Membership/Bonus visits. Gym available for Open Workout, Membership, Bonus visits, and Drop-in use when there are no scheduled classes.