

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 6:30 AM | **Early Bird Boot Camp with Taylor** | **Early Bird Boot Camp with Taylor** | **Early Bird Boot Camp with Taylor** | **Early Bird Boot Camp with Taylor** | **Early Bird Boot Camp with Taylor** |
| 8:00 AM | **Fit Happens**  **Boot Camp**  **with Taylor** |  | **Fit Happens**  **Boot Camp**  **with Taylor** |  | **Fit Happens**  **Boot Camp**  **with Taylor** |
| 9:30 AM |  |  | **Ok Kwan Chi**  **Dan O’Grady** | **Ok Kwan Chi**  **Dan O’Grady** |  |
| 10:00 AM |  | **Senior Fitness**  **With Taylor** |  | **Senior Fitness**  **With Taylor** |  |
| 11:00 AM |  | **Chair Volleyball** |  | **Chair Volleyball** |  |
| 5:00PM | **CrossFit**  **With Paul** | **CrossFit**  **With Paul** | **CrossFit**  **With Paul** | **CrossFit**  **With Paul** | **CrossFit**  **With Paul** |
| 5:30PM |  | **Yoga**  **with Kathy Henslee** |  | **Yoga**  **with Kathy Henslee** |  |
| 6:00PM | **CrossFit**  **With Paul** | **CrossFit**  **With Paul** | **CrossFit**  **With Paul** | **CrossFit**  **With Paul** | **CrossFit**  **With Paul** |
| 7:30 PM |  | **Hoops with**  **Logan Crow** |  | **Hoops with**  **Logan Crow** |  |