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| --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 5:00-6:00 AM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
| 6:00-7:00 AM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
| 9:00-10 :00 AM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |
| 10:00-11:00 AM | **YOGA** |  |  |  | **YOGA** |  |
| 10:00-12:00 AM |  | **Senior Fitness** |  | **Senior Fitness** |  |  |
| 5:00-6:00 PM |  |  | **DANCE** |  |  |  |
| 5:30-6:30 PM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |  |
| 6:30-7:30 PM | **YOGA** | **YOGA** |  | **YOGA** |  |  |
| 7:00-8:00 PM |  | **Tae Kwon Do**  **Children** |  |  |  |  |
| 7:30-8:30 PM |  |  |  | **Tae Kwon Do**  **Adults / Children** |  |  |
| 8:00-9:00 PM |  | **Tae Kwon Do**  **Adults** |  |  |  |  |

**Hours:**

**Monday-Friday: 5am-10pm**

**Saturday: 5am-5pm**

**Sunday: 1pm-5pm**