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| --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |  |
| 5:00-6:00 AM | **Morning Crunch** | **Morning Crunch** | **Morning Crunch** | **Moring Crunch** | **Morning Crunch** |  |
| 6:00-7:00 AM | **Morning Crunch** | **Morning Crunch** | **Morning Crunch** | **Morning Crunch** | **Morning Crunch** |  |
| 8:00-9:00 AM | **Morning Crunch** | **Morning Crunch** | **Morning Crunch** | **Morning Crunch** | **Morning Crunch** | **SPIN** |
| 8:30-9:30 AM |  | **Level 2** **YOGA** |  | **Level 2****YOGA** | **Level 2****YOGA** |  |
| 9:30-10:30 AM |  | **ZUMBA** | **CrossFit** **Seniors** | **ZUMBA** | **CrossFit** **Seniors** |  |
| 10:15-11:15 AM |  |  | **Senior****Yoga** |  |  |  |
| 12:00-1:00 PM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
| 1:00-2:00 PM |  |  | **Senior** **Volleyball** |  |  |  |
| 4:30-5:30 PM | **KidFit** | **Barre** | **KidFit** | **Barre** |  |  |
| 5:30-6:30 PM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |  |
| 5:30-6:30 PM | **Level 1****Yoga** |  |  |  |  |  |
| 6:00-7:00 PM |  | **Spin** |  | **Spin** |  |  |
| 6:30-7:30 PM |  |  | **Olympic** **Lifting** |  |  |  |