

	MON	TUE	WED	THU	FRI	SAT	SUN
5 a.m.	RX	RX	RX	RX	RX		
6 a.m.	RX	RX	RX	RX	RX		
8 a.m.	RX	RX	RX	RX	RX	Powerlifting	
9 a.m.	RX	RX	RX	RX	RX	RX	
10 a.m.	Longevity	Longevity	Longevity	Longevity	Longevity	RX	
11 a.m.		Fit Mamas		Fit Mamas		Youth Mentorship	
12 p.m.	RX	RX	RX	RX	RX	Spot The Dad	
4 p.m.	Teens	Tweens	Teens	Tweens	L'il Ninjas		
5 p.m.	RX	RX	RX	RX	RX		
6 p.m.	RX	KickStart	RX	KickStart			
7:30 p.m.	Yoga	Yoga		Yoga			Yoga

- Registration is required for all classes
- Please join our FB Members Page for additional Sunday timeslots.
- No classes on stat holidays.