

# GYM CLASS SCHEDULE



MON	TUE	WED	THU	FRI	SAT	SUN
Functional Fitness 6AM	Functional Fitness 6AM	Functional Fitness 6AM	Functional Fitness 6AM	Functional Fitness 6AM	Bootcamp 8AM	Bootcamp 10AM
Conditioning 6AM	Conditioning 6AM	Conditioning 6AM	Conditioning 6AM	Conditioning 6AM	Bootcamp 9.15AM	Stretch & Mobility 11.15AM
Functional Fitness 7AM	Functional Fitness 7AM	Functional Fitness 7AM	Functional Fitness 7AM	Functional Fitness 7AM	Barbell Club 10.30AM	-
Fundamentals 9.30AM	Fundamentals 9.30AM	Fundamentals 9.30AM	Fundamentals 9.30AM	Fundamentals 9.30AM	-	-
Functional Fitness 12PM	Functional Fitness 12PM	Conditioning 12PM	Functional Fitness 12PM	Functional Fitness 12PM	-	-
Functional Fitness 5PM	Functional Fitness 5PM	Functional Fitness 5PM	Functional Fitness 5PM	-	-	-
Conditioning 5.30PM	Conditioning 5.30PM	Conditioning 5.30PM	Conditioning 5.30PM	Functional Fitness 5.30PM	-	-
Functional Fitness 6PM	Functional Fitness 6PM	Functional Fitness 6PM	Functional Fitness 6PM	-	-	-
Gymnastics 7PM	Youth Open-gym 7PM	Barbell Club 7PM	-	-	-	-