

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|-----------------------|--|-----------------------|--|-----------------------|-----------------------|---|
| 5:30 | | | | | | | |
| 6:00 | POWERFIT | OPEN GYM (PowerFit and Circuit workout posted all day) | POWERFIT | OPEN GYM (PowerFit and Circuit workout posted all day) | POWERFIT | | |
| 6:30 | | | | | | | |
| 7:00 | OPEN/Work out posted | | OPEN/Workout posted | | OPEN/Workout posted | | |
| 7:30 | | CLOSED GYM | | CLOSED GYM | | | |
| 8:00 | OPEN/PRIVATES | | OPEN/PRIVATES | | OPEN/PRIVATES | POWERFIT | |
| 8:30 | | | | | | | |
| 9:00 | | | | | | MOBILITY | |
| 9:30 | APA-NEXT STEP program | | APA-NEXT STEP program | | APA-NEXT STEP program | | |
| 10:00 | | | | | | APA-NEXT STEP program | |
| 10:30 | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | | |
| 11:00 | | | | | | OPEN GYM | |
| 11:30 | OPEN GYM | | OPEN GYM | | OPEN GYM | | |
| 12:00 | | | | | | GYM CLOSED | |
| 12:30 | OPEN GYM | | OPEN GYM | | OPEN GYM | | |
| 1:00 | | | | | | | |
| 1:30 | APA-NEXT STEP program | CLOSED GYM | APA-NEXT STEP program | CLOSED GYM | APA-NEXT STEP program | | |
| 2:00 | | | | | | | |
| 2:30 | OPEN/PRIVATES | | OPEN/PRIVATES | | OPEN/PRIVATES | | |
| 3:00 | | | | | | | |
| 3:30 | TEEN POWER HOUR | TEEN POWER HOUR | TEEN POWER HOUR | TEEN POWER HOUR | OPEN/PRIVATES | | |
| 4:00 | | | | | | | |
| 4:30 | OPEN/Workout posted | KIDFIT CLASS (5-10)/ Circuit/Powerfit | OPEN/Workout posted | KIDFIT CLASS (5-10)/ Circuit/Powerfit | OPEN/Workout posted | | *workouts are always posted during open gym |
| 5:00 | | | | | | | |
| 5:30 | OPEN/PRIVATES | Circuit/Powerfit | OPEN/PRIVATES | Circuit/Powerfit | GYM CLOSED | | |
| 6:30 | | | | | | | |
| 6:30 | OPEN/PRIVATES | OPEN/PRIVATES | MOBILITY CLASS | OPEN/PRIVATES | | | |
| 7:00 | | | | | | | |
| 7:30 | GYM CLOSED | GYM CLOSED | GYM CLOSED | GYM CLOSED | | | |
| 8:00 | | | | | | | |
| 8:30 | | | | | | | |