

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30							
6:00	POWERFIT	BY APPOINTMENT ONLY	POWERFIT	BY APPOINTMENT ONLY	POWERFIT		
6:30							
7:00	OPEN/Work out posted		OPEN/Workout posted		OPEN/Workout posted		
7:30							
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						BY APPT	
10:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
11:00	WORKOUT POSTED	WORKOUT POSTED	WORKOUT POSTED	WORKOUT POSTED	WORKOUT POSTED	BY APPT	
11:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
12:00						GYM CLOSED	
12:30	OPEN GYM	OPEN GYM	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/PRIVATES	OPEN/PRIVATES	OPEN/Workout posted	KIDFIT CLASS (5-10)/ Circuit	OPEN/Workout posted		*workouts are always posted during open gym
5:00							*Check our instagram and Facebook for schedule updates
5:30	OPEN/PRIVATES	OPEN/PRIVATES	OPEN/PRIVATES	BOOT CAMP	GYM CLOSED		
6:30							
6:30	BY APPOINTMENT ONLY	MOBILITY	BY APPOINTMENT ONLY	BY APPOINTMENT ONLY			
7:00							
7:30	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED			