



# SCHEDULE

Subject to change without notice



|         | MONDAY  | TUESDAY  | WEDNESDAY                            | THURSDAY                                 | FRIDAY                               | SATURDAY | SUNDAY   |
|---------|---|--|--------------------------------------|--|--------------------------------------|----------|--|
| 6:00AM  |   |  |                                      |  |                                      |          |  |
| 6:30AM  |   |  |                                      |  |                                      |          |  |
| 7:00AM  |   |  |                                      |  |                                      |          |  |
| 7:30AM  |   |  |                                      |  |                                      |          |  |
| 8:00AM  |   |  |                                      |  |                                      |          |  |
| 8:30AM  |   |  |                                      |  |                                      |          |  |
| 9:00AM  |   |  |                                      |  |                                      |          |  |
| 9:30AM  | <b>DesignFIT</b><br>(9:15am-10:00am)              | <b>EVERFIT</b><br>(9:00am-10:00am)             | <b>DesignFIT</b><br>(9:15am-10:00am) | <b>EVERFIT</b><br>(9am-10:00am)          | <b>DesignFIT</b><br>(9:15am-10:00am) |          |  |
| 10:00AM |   |  |                                      |  |                                      |          |  |
| 10:30AM |   |  |                                      |  |                                      |          |  |
| 11:00AM |   |  |                                      |  |                                      |          |  |
| 11:30AM |   |  |                                      |  |                                      |          |  |
| 12:00PM |   |  |                                      |  |                                      |          |  |
| 12:30PM |   | <b>CARE Intermix</b><br>(12:15pm-1:00pm)       |                                      | <b>CARE Intermix</b><br>(12:15pm-1:00pm) |                                      |          |  |
| 1:00PM  |   |  | <b>PWR! Moves</b><br>(1:30pm-2:30pm) |  |                                      |          |  |
| 1:30PM  |   |  | <b>PWR! Moves</b><br>(2:30pm-3:30pm) |  |                                      |          |  |
| 2:00PM  |   |  |                                      |  |                                      |          |  |
| 2:30PM  |   |  |                                      |  |                                      |          |  |
| 3:00PM  |   |  |                                      |  |                                      |          |  |
| 3:30PM  |   |  | <b>PWR! Moves</b><br>(3:30pm-4:30pm) |  |                                      |          |  |
| 4:00PM  |   |  |                                      |  |                                      |          |  |
| 4:30PM  |   |  |                                      |  |                                      |          |  |
| 5:00PM  |   |  |                                      |  |                                      |          |  |
| 5:30PM  |   |  |                                      |  |                                      |          |  |
| 6:00PM  |   |  |                                      |  |                                      |          |  |
| 6:30PM  | <b>Body Positive Fitness</b><br>(6:30pm - 7:30pm) |  |                                      |  |                                      |          |  |
| 7:00PM  |   | <b>Women's Only Fitness</b><br>(7:00pm-8:00pm) |                                      |  |                                      |          | <b>Women's Only Fitness</b><br>(6:30pm - 7:30pm) |
| 7:30PM  |   |  |                                      |  |                                      |          |  |
| 8:00PM  |   |  |                                      |  |                                      |          |  |
| 8:30PM  |   |  |                                      |  |                                      |          |  |
| 9:00PM  |   |  |                                      |  |                                      |          |  |