

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM Open Floor	6:00 AM Open Floor	6:00 AM Open Floor	6:00 AM Open Floor	6:00 AM Open Floor		
7:00 AM ▲ In a Flash Floor	7:00 AM ► TRX Hang Up Floor	7:00 AM ▼ 5K Training Floor	7:00 AM ► Iron Works Floor	7:00 AM ▼ Cardio Round Robin Floor		
8:00 AM ▲ Iron Gumbo Floor	8:00 AM ▲ Burnin Rubber Floor	8:00 AM ◀ Yoga MOVE	8:00 AM ► Defy Gravity Floor	8:00 AM ◀ Pilates Stretch Move/Floor	8:00 AM Open Facility	8:00 AM Open Facility
9:00 AM ▲ TRX Cardio Blast Floor	9:00 AM ▲ Kettlebell Kraziness* Floor	9:00 AM ▲ PlyoMagic Floor	9:00 AM Open Floor	9:00 AM ▼ 5K Training Floor	9:00 AM ▼ Zumba "Praise Party" MOVE	9:00 AM ▲ Iron TRX Floor
10:00 AM ► Bell of the Ball* Floor	10:00 AM Functionally Fit Floor	10:00 AM ▲ In a Flash Floor	10:00 AM ▲ Bounce Floor	10:00 AM ▲ T n T Floor	10:00 AM ▲ CKC Challenge* Floor	10:00 AM ◀ Pilates Stretch Floor
11:00 AM ◀ S.S. M.S.R.O.M MOVE	11:00 AM ◀ S.S. Cardio Circuit MOVE	11:00 AM ◀ S.S.M.S.R.O.M. MOVE	11:00 AM ◀ S.S. Cardio Circuit MOVE	11:00 AM ► Silver Strong Floor	11:00 AM ▲ Functionally Fit Floor	11:00 AM ► Defy Gravity Floor
12:15 PM ▲ Express Strength Floor ⌚	12:15 PM ▲ Express Cardio Floor ⌚	12:15 PM ▲ Express Core Floor ⌚	12:15 PM ▲ Express Strength Floor ⌚	12:15 PM ▲ Express Cardio Floor ⌚	12:00 PM Open Floor	12:00 PM Family Gym Dandy Floor 😊
1:00 PM Open Floor	1:00 PM Open Floor	1:00 PM Open Floor	1:00 PM Open Floor	1:00 PM Open Floor	1:00 PM Open Floor	1:00 PM Open Floor
2:00 PM Open Floor	2:00 PM Open Floor	2:00 PM Open Floor	2:00 PM Open Floor	2:00 PM Open Floor	2:00 PM ▲ TRX Cardio Blast Floor	2:00 PM 3 Kick Challenge Rkade 😊
3:00 PM ► Defy Gravity Floor	3:00 PM ▲ Bounce Floor	3:00 PM Dealer's Choice Floor	3:00 PM ► Bell of the Ball* Floor	3:00 PM ▲ Step it Up Floor	3:00 PM ► Iron Gravity Floor	3:00 PM Open Floor
4:00 PM ► Kettlebell Kraziness Floor	4:00 PM ▼ Boxing Conditioning Floor	4:00 PM ► Iron TRX Floor ⌚	4:00 PM ▼ Cardio Round Robin Floor	4:00 PM ▲ In a Flash Floor ⌚	4:00 PM Open Floor	
5:00 PM ◀ Yoga MOVE	5:00 PM ► Iron TRX Floor	5:00 PM ▼► Zumba/IronGravity MOVE/Floor	5:00 PM ► Iron Works Floor	5:00 PM ◀▼ Yoga/Tread N Shed MOVE/Floor	<p><b>Code to our Classes:</b></p> <ul style="list-style-type: none"> <li>▼ Cardio</li> <li>◀ Mind Body Balance</li> <li>► Strength</li> <li>▲ Combo Cardio Strength</li> <li>😊 Gaming</li> <li>⌚ Express 30min class</li> </ul> <p><b>Classes are 45-55 minutes</b></p>	
6:00 PM ► Iron Gravity Floor	6:00 PM ▼ Cardio Round Robin Floor	6:00 PM Folleyball Floor 😊	6:00 PM ▲ Medicine Ball Mania Floor	6:00 PM ▲ T n T Floor		
7:00 PM ▼ Zumba Party MOVE	7:00 PM ▲ Bell of the Ball* Floor	7:00 PM ▲ TRX Cardio Blast Floor	7:00 PM ▼ Boxing Conditioning Floor	7:00 PM ◀ Pilates Stretch Floor		
8:00 PM ▲ T n T Floor	8:00 PM ▲ Step it Up Floor	8:00 PM ► HardCORE Floor	8:00 PM ▼ 5K Training Floor	8:00 PM Open Floor		
9:00 PM Open Floor	9:00 PM Open Floor	9:00 PM Open Floor	9:00 PM Open Floor			

*Not sure what class is right for you?  
Ask one of our Exercise Physiologists!*

\* We highly recommend you pass basic fundamental movements before taking these classes.