

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Kettle Bells Bands and Sleds</b> 9:30 AM Josh  <b>TRX</b> 6:00 PM Patti	<b>Bootcamp</b> 10:30 AM Melanie  <b>Strength &amp; Power</b> 5:00 PM Dana  <b>TRX Cardio Circuit</b> 5:00 PM Patti	<b>Stronger</b> 5:00 AM Josh  <b>TRX</b> 8:30 AM Patti  <b>Weights Period</b> 5:30 PM Brian	<b>Total Body Conditioning</b> 9:00 AM Jackie  <b>Gliders</b> 4:30 PM Jill  <b>Strength &amp; Power</b> 5:00 PM Laura	<b>Stronger</b> 5:00 AM Josh  <b>TRX</b> 8:30 AM Patti  <b>Gliders</b> 4:30 PM Patti	<b>Hurricane</b> 9:00 AM Dana  <b>TRX Infusion</b> 10:00 AM Brian	

Reservation Required **RR**

**Club Hours**  
 Monday - Friday  
 5 AM - 11PM  
 Saturday - Sunday  
 7AM - 7 PM

**Kids' Club Hours**  
 Monday - Friday  
 9AM-12PM & 4PM-8PM  
 Saturday  
 8AM-1PM

**Note:** Class and instructors are subject to change without prior notice. **Reservations open at 4PM. As a courtesy to other members, please arrive to class on time.**



Cellphones are not permitted in class. Thank You