

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Burn 360 6:00 PM TRX Studio TRX Express 7:00 PM TRX Studio TRX Power Core 7:30 PM TRX Studio	Burn 360 9:00 AM Cardio Deck Burn 360 6:30 AM TRX Studio	TRX Power Core 9:30 AM TRX Studio TRX Express 10:00 AM TRX Studio TRX 7:00 AM TRX Studio		TRX 9:30 AM TRX Studio Burn 360 7:00 AM Lauren MX4 10:30 AM Cardio Deck	TRX 10:00 AM TRX Studio	

Reservation Required **RR**

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

Kids' Club Hours
Monday-Friday
 8:30 AM - 1:30 PM & 3:30PM - 9PM
Saturday - Sunday
 8AM - 2PM

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