

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STRIKE 8:00 AM RR Total Body Fitness 8:00 AM Jack MX4 8:00 AM RR STRIKE 9:30 AM RR Ruthie MAX'D 9:00 AM Rafael Pilates Reformer 101 9:30 AM RR Erin MX4 10:00 AM RR Total Body Fitness 10:00 AM Jack Pilates Reformer 101 10:30 AM RR Erin TRX 4:00 PM Mike MX4 5:00 PM RR STRIKE 5:30 PM RR MX4 6:00 PM RR STRIKE 6:30 PM RR MX4 7:00 PM RR	MX4 8:00 AM RR Total Body Fitness 8:00 AM Rafael STRIKE 9:00 AM MAX'D 9:30 AM Rafael Total Body Fitness 10:00 AM Chris MX4 10:00 AM RR Pilates Reformer 101 11:15 AM RR Faye MX4 5:00 PM RR Tabata Fit 5:30 AM Jonathan STRIKE 6:00 PM RR MX4 6:00 PM RR Total Body Fitness 6:00 PM MX4 7:00 PM RR	STRIKE 8:00 AM RR MX4 8:00 AM RR STRIKE 9:00 AM RR MAX'D 9:00 AM Rafael MX4 9:00 AM RR Pilates Reformer 101 9:30 AM RR Erin MX4 10:00 AM RR Total Body Fitness 10:00 AM Jack Pilates Reformer 101 10:30 AM RR Faye Burn 360 4:00 PM RR Mike Pilates Reformer 101 4:30 PM RR Sara Pilates Reformer 101 5:30 PM RR Sara STRIKE 5:30 PM	MX4 8:00 AM RR MAX'D 8:00 AM Rafael STRIKE 9:00 AM RR MX4 9:00 AM RR Total Body Fitness 10:00 AM Chris MX4 10:00 AM RR TRX 5:00 PM Mike MX4 5:00 PM RR STRIKE 6:00 PM RR MX4 6:00 PM RR MX4 7:00 PM RR	MX4 8:00 AM RR Total Body Fitness 8:30 AM Jack MX4 9:00 AM RR STRIKE 9:30 AM RR Ruthie MX4 10:00 AM RR Total Body Fitness 10:00 AM Jack STRIKE 10:30 AM RR MX4 5:00 PM RR MAX'D 5:30 PM Mike MX4 6:00 AM RR MX4 7:00 AM RR	STRIKE 9:00 AM RR	

Reservation Required **RR**

STRIKE & MX4 - 12 People Max


Fundamentals Classes

Monday	Wednesday	Thursday
8:00 AM 6:00 PM	8:00 AM 6:00 PM	8:00 AM 6:00 PM

Club Hours
Open 24 Hours

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 4 AM. As a courtesy to other members, please arrive to class on time.**

 Cellphones are not permitted in class. Thank You