



TIMETABLE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	6am - 6:45am Semi Private PT	6am - 6:45am E360 Ladies	6am - 6:45am E360 Ladies	6am - 6:45am E360 Ladies	6am - 6:45am E360 Ladies	6:15am - 7am Run Club	
7:00 AM	7am - 7:45am E360 Ladies	7am - 7:55am Semi Private PT	7am - 7:55am E360 Ladies	7am - 7:55am Semi Private PT		7:15am - 8am Family Bootcamp	
8:00 AM							8am - 9am Pop Up Restorative Class (Yoga, Pilates, Flow, Stretch)
9:30 AM	9:30am - 10:15am Mumstrong	9:30am - 10:15am Mumstrong	9:30am - 10:15am Mumstrong	9:30am - 10:15am Mumstrong	9:30am - 10:15am Mumstrong		
12:00 PM	10:30am - 11:15am Semi Private PT		12pm - 12:45pm Trainers Workout				
4:30 PM	4:30pm - 5:30pm Teen Strong			4:30pm - 5:30pm Teen Strong			
5:00 PM		5pm - 7pm Open Gym Circuit					
5:30 PM	5:30pm - 6:15pm E360 Ladies		5:30pm - 6:15pm E360 Ladies				
6:00 PM	6:15pm - 7:00pm E360 Ladies	6:00pm - 6:45pm Semi Private PT	6:15pm - 7:00pm E360 Ladies	6:00pm - 6:45pm Semi Private PT			
7:00 PM			7:00pm - 7:45pm Semi Private PT	6:00pm - 6:45pm E360 Ladies			
7:30 PM							