



**GYM HOURS**  
 (unless otherwise noted)  
 Mon-Thurs: 6am-8pm  
 Friday: 6am-6pm  
 Saturday: 8am-1pm  
 Sunday: 11am - 3pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b>
	<b>REMINDER:</b> If any group class is cancelled, you may attend X-Core that day for FREE!!!!				8:30am Core Flow	8:30am X-Core Training*
					9:30am R.I.P.P.E.D - Callie	9:00am R.I.P.P.E.D. - Kara
						10:15am Boxing B.C - Andie
					6:00pm Body Chisel - Chad	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
***OPEN*** Winter Hours 11AM - 3PM	9:30am Club Vibe-Jill	6:00am X-Core Training*	8:30am Yoga Flow - Molly	6:00am X-Core Training*	8:30am Core Flow - Molly	8:30am X-Core Training*
	9:30am X-Core Training*	9:00am R.I.P.P.E.D. - Jill	9:30am X-Core Training*	9:00am Tabata-Kara	9:30am R.I.P.P.E.D - Callie	9:00am R.I.P.P.E.D. - Kara
			9:45am SPIN Zone			10:15am Boxing B.C - Andie
	5:30pm Muscle Mania - Chad	7:00pm DanceJam - Lisa	6:30pm HIIT Boxing - Andie	6:30pm X-Core Training*	6:00pm Body Chisel - Chad	
	6:30pm X-Core Training*					
6:45pm Yoga Flow						
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
***OPEN*** Winter Hours 11AM - 3PM	9:30am Club Vibe-Jill	6:00am X-Core Training*	8:30am Yoga Flow - Molly	6:00am X-Core Training*	8:30am Core Flow - Molly	8:30am X-Core Training*
	9:30am X-Core Training*	9:00am R.I.P.P.E.D. - Jill	9:30am X-Core Training*	9:00am Tabata-Kara	9:30am R.I.P.P.E.D - Callie	9:00am R.I.P.P.E.D. - Kara
			9:45am SPIN Zone - Lisa B			10:15am Boxing B.C - Andie
	5:30pm Muscle Mania - Chad	7:00pm DanceJam - Lisa	6:30pm HIIT Boxing - Andie	6:30pm X-Core Training*	6:00pm Body Chisel - Chad	
	6:30pm X-Core Training*					
6:45pm Yoga Flow-Niki						
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
***OPEN*** Winter Hours 11AM - 3PM	9:30am Club Vibe-Jill	6:00am X-Core Training*	8:30am Yoga Flow - Molly	6:00am X-Core Training*	8:30am Core Flow - Molly	8:30am X-Core Training*
	9:30am X-Core Training*	9:00am R.I.P.P.E.D.-Jill	9:30am X-Core Training*	9:00am Tabata-Kara	9:30am R.I.P.P.E.D - Callie	9:00am R.I.P.P.E.D. - Kara
			9:45am SPIN Zone - Lisa B			10:15am Boxing B.C - Andie
	5:30pm Muscle Mania - Chad	7:00pm DanceJam - Lisa	6:30pm HIIT Boxing - Andie	6:30pm X-Core Training*	6:00pm Body Chisel - Chad	
	6:30pm X-Core Training*					
6:45pm Yoga Flow						
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>** IMPORTANT **</b> Please use your <b>SFX App</b> to check in to classes.  If you need any help with the app, please see the Front Desk!!	
***OPEN*** Winter Hours 11AM - 3PM	9:30am Club Vibe-Jill	6:00am X-Core Training*	8:30am Yoga Flow - Molly	6:00am X-Core Training*		
	9:30am X-Core Training*	9:00am R.I.P.P.E.D.-Jill	9:30am X-Core Training*	9:00am Tabata-Kara		
			9:45am SPIN Zone - Lisa B			
	5:30pm Muscle Mania - Chad	7:00pm DanceJam - Lisa	6:30pm HIIT Boxing - Andie	6:30pm X-Core Training*		
	6:30pm X-Core Training*					
6:45pm Yoga Flow-Niki					<b>*Additional Charge for X-Core Training</b>	