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
					1	2
	REMINDER: **If any group class is cancelled, you may attend X-Core that day for FREE!!!!**				8:30am Core Flow- Molly 9:30am R.I.P.P.E.D - Callie 6:00pm Body Chisel - Chad	**8:30am X-Core Training*** 9:00am R.I.P.P.E.D. - Kara 10:15am Boxing B.C - Andie
3	4	5	6	7	8	9
OPEN Winter Hours 11AM - 3PM	9:30am Club Vibe-Jill **9:30am X-Core Training*** 5:30pm Muscle Mania - Chad **6:30pm X-Core Training*** 6:45pm Yoga Flow	**6:00am X-Core Training*** 9:00am R.I.P.P.E.D. - Jill 7:00pm DanceJam - Lisa	8:30am Yoga Flow - Molly **9:30am X-Core Training*** 9:45am SPIN Zone 6:30pm HIIT Boxing - Andie	**6:00am X-Core Training*** 9:00am Tabata-Kara 5:30 pm Move- Julian **6:30pm X-Core Training***	8:30am Core Flow - Molly 9:30am R.I.P.P.E.D - Callie 6:00pm Body Chisel - Chad	**8:30am X-Core Training*** 9:00am R.I.P.P.E.D. - Kara 10:15am Boxing B.C - Andie
10	11	12	13	14	15	16
OPEN Winter Hours 11AM - 3PM	9:30am Club Vibe-Jill **9:30am X-Core Training*** 5:30pm Muscle Mania - Chad **6:30pm X-Core Training*** 6:45pm Yoga Flow-Niki	**6:00am X-Core Training*** 9:00am R.I.P.P.E.D. - Jill 7:00pm DanceJam - Lisa	8:30am Yoga Flow - Molly **9:30am X-Core Training*** 9:45am SPIN Zone - Lisa B 6:30pm HIIT Boxing - Andie	**6:00am X-Core Training*** 9:00am Tabata-Kara 5:30 pm Move- Julian **6:30pm X-Core Training***	8:30am Core Flow - Molly 9:30am R.I.P.P.E.D - Callie 6:00pm Body Chisel - Chad	**8:30am X-Core Training*** 9:00am R.I.P.P.E.D. - Kara 10:15am Boxing B.C - Andie
17	18	19	20	21	22	23
OPEN Winter Hours 11AM - 3PM	9:30am Club Vibe-Jill **9:30am X-Core Training*** 5:30pm Muscle Mania - Chad **6:30pm X-Core Training*** 6:45pm Yoga Flow	**6:00am X-Core Training*** 9:00am R.I.P.P.E.D.-Jill 7:00pm DanceJam - Lisa	8:30am Yoga Flow - Molly **9:30am X-Core Training*** 9:45am SPIN Zone - Lisa B 6:30pm HIIT Boxing - Andie	**6:00am X-Core Training*** 9:00am Tabata-Kara 5:30 pm Move- Julian **6:30pm X-Core Training***	8:30am Core Flow - Molly 9:30am R.I.P.P.E.D - Callie 6:00pm Body Chisel - Chad	**8:30am X-Core Training*** 9:00am R.I.P.P.E.D. - Kara 10:15am Boxing B.C - Andie
24	25	26	27	28	29	30
OPEN Winter Hours 11AM - 3PM	9:30am Club Vibe-Jill **9:30am X-Core Training*** 5:30pm Muscle Mania - Chad **6:30pm X-Core Training*** 6:45pm Yoga Flow-Niki	**6:00am X-Core Training*** 9:00am R.I.P.P.E.D.-Jill 7:00pm DanceJam - Lisa	8:30am Yoga Flow - Molly **9:30am X-Core Training*** 9:45am SPIN Zone - Lisa B 6:30pm HIIT Boxing - Andie	**6:00am X-Core Training*** 9:00am Tabata-Kara 5:30 pm Move- Julian **6:30pm X-Core Training***	8:30am Core Flow - Molly 9:30am R.I.P.P.E.D - Callie 6:00pm Body Chisel - Chad	**8:30am X-Core Training*** 9:00am R.I.P.P.E.D. - Kara 10:15am Boxing B.C - Andie
31						
OPEN Winter Hours 11AM - 3PM	**** IMPORTANT **** Please use your **SFX App** to check in to classes. If you need any help with the app, please see the Front Desk!!	***Additional Charge for X-Core Training**				