

May

Gym Hours

Mon-Thurs: 6AM-8PM
 Friday: 6AM-6PM
 Saturday: 8AM-1PM
 Sunday: CLOSED

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GYM CLOSED			1 8:30AM- Yoga Flow w/ Heni 9:30AM- X Core Training 9:45AM- Spin Zone w/ Lisa 6:30PM- HIIT Boxing w/ Andie	2 6:00AM- X Core Training 9:00AM- Tabata w/ Kara 6:30PM- X Core Training	3 8:30AM- Core Flow w/ Heni 9:30AM- R.I.P.P.E.D. w/ Callie 6:00PM- Body Chisel w/ Chad	4 8:30AM- X Core Training 9:00AM-R.I.P.P.E.D. w/ Kara 10:15AM- Boxing Bootcamp w/ Andie
5 GYM CLOSED	6 9:30AM- X Core Training 5:30PM- Muscle Mania w/ Chad 6:30PM- X Core Training 6:45PM- Yoga Flow/ Kathy	7 6:00AM- X Core Training 9:00AM- R.I.P.P.E.D. w/ Callie 7:00PM- DanceJam w/ Lisa	8 8:30AM- Yoga Flow w/ Heni 9:30AM- X Core Training 9:45AM- Spin Zone w/ Lisa 6:30PM- HIIT Boxing w/ Andie	9 6:00AM- X Core Training 9:00AM- Tabata w/ Kara 6:30PM- X Core Training	10 8:30AM- Core Flow w/ Heni 9:30AM- R.I.P.P.E.D. w/ Callie 6:00PM- Body Chisel w/ Chad	11 8:30AM- X Core Training 10:15AM- Boxing Bootcamp w/ Andie
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26 GYM CLOSED	27 9:30AM- X Core Training 5:30PM- Muscle Mania w/ Chad 6:30PM- X Core Training 6:45PM- Yoga Flow/ Kathy	28 6:00AM- X Core Training 9:00AM- R.I.P.P.E.D. w/ Callie 7:00PM- DanceJam w/ Lisa	29 8:30AM- Yoga Flow w/ Heni 9:30AM- X Core Training 9:45AM- Spin Zone w/ Lisa 6:30PM- HIIT Boxing w/ Andie	30 6:00AM- X Core Training 9:00AM- Tabata w/ Kara 6:30PM- X Core Training	31 8:30AM- Core Flow w/ Heni 9:30AM- R.I.P.P.E.D. w/ Callie 6:00PM- Body Chisel w/ Chad	

IMPORTANT: Make sure to use the **SFX App** to sign in for your classes!

REMINDER: If and group class is cancelled, attend our **X Core** that day **FREE!**

