

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FYI – 8 & 9am classes on Stat Holidays							
5:30 am	Class	Class	Class	Class	Class		
6:30 am	Class	Class	Class	Class	Class		
7:30 am – 8:45 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
8:00 am						Class	Open Gym 8:00 – 9:45 am
9:00 am	Class	Class	Class	Class	Class	Class	
10:00 am	Class		Class				Class
4:00 pm	Class / Youth 101	Class	Class / Youth 101	Class	Class		
5:00 pm	Class / Teen 101	Class	Class / Teen 101	Class	Class		
6:00 pm	Class / Teen 201	Class	Class / Teen 201	Class	Class		