

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 Strength & Skills	Open Gym Strength & Skills	Open Gym Strength & Skills	Open Gym Strength & Skills	Open Gym Strength & Skills		
8:00 am		O.W.L.S		O.W.L.S		Class	8-9:45am Open Gym Strength & Skills
9:00 am	Class	Class	Class	Class	Class	Class	
10:00 am							10-11am class Sweat or Barbell
4:00 pm	Class / Youth 101	Class & Youth 101/201	Class / Youth 101	Class & Youth 101/201	Class		
5:00 pm	Class / Teen 101-201	Class	Class / Teen 101-201	Class	Class		
6:00 pm	Class	Class	Class	Class			