Monday	Tuesday	Wellness		Thursday	Friday	Saturday	Sunday
Cycling	Circuit Training	Cycling		Circuit Training	Cycling	-	· · · ·
with Jen	with Danielle	with Jen		with Danielle	with Jen		
6:05-6:45am	6:05-6:45am	6:05-6:45am		6:05-6:45am	6:05-6:45am		
Sr Strength Training		Sr Strength Training			Sr Strength Training		
with Matt		with Matt			with Matt		
8:00-8:45am		8:00-8:45am			8:00-8:45am		
Yoga at Annex	Silver Sneakers	Yoga at Annex		Silver Sneakers			
with Stephanie	with Matt	with Stephanie		with Matt			
10:30-11:30am	0	10:30-11:30am		9:00-9:45am			
Circuit Training	Circuit Training	Circuit Training		Circuit Training			
with Sue	with Matt	with Matt		with Matt			
6:00-7:00pm	om 12:15-1:00pm 12:15-1:00pm	1:00pm	12:15-1:00pm				
	Yoga at Annex	Circuit Training	Zumba at Annex	Yoga at Annex			
	with Kat	with Sue	with Adriana	with Kat			
	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm			

Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Lunch Bunch						
6:00-10:00am	6:00-10:00am	6:00-10:00am	6:00-10:00am	6:00-10:00am	8:00-10:00am						
Childcare	Childcare	Childcare	Childcare	Childcare							
10:00-11:30am	10:00-11:30am	10:00-11:30am	10:00-11:30am	10:00-11:30am	Open Gym						
Lunch Bunch	Homeschool Gym & Swim	Lunch Bunch	Open Gym	Lunch Bunch	10:00-1:00pm						
12:00-2:00pm	12:00-2:00pm	12:00-2:00pm	11:30-3:00pm	12:00-2:00pm							
Open Gym	Open Gym	Open Gym	Childcare	Open Gym							
2:00-3:00pm	2:00-3:00pm	2:00-3:00pm	3:00-4:30pm	2:00-3:00pm							
Childcare	Childcare	Childcare	Open Gym	Childcare							
3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	4:30-8:00pm	3:00-4:30pm							
Open Gym	Open Gym	Open Gym		Open Gym							
4:30-8:00pm	4:30-8:00pm	4:30-8:00pm		4:30-8:00pm							