



Effective November 2019

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Metabolic 6am Julia		Metabolic 6am Julia			
Strength 10am Mel	Metabolic 9am Julia	Strength 10am Mel	Metabolic 9am Julia	Strength 10am Mike	Metabolic 8am Mike	Metabolic 10am Karen
Strength 4pm Mike	Metabolic 4pm Mike	Strength 4pm Nick	Metabolic 4pm Bonnie			
Strength 6pm Nick	Metabolic 6pm Mike	Strength* 6pm Mike	Metabolic* 6pm Nick	Meta - Strength 5pm Karen	Strength 11am Mike	
		*Member option to do same class at 7pm or 8pm "off-the-board" with help provided on a best efforts basis			Studio Hours Monday-Thursday: 5am-9pm Friday: 5am – 8pm Saturday: 7am – Noon Sunday: 7am – Noon	