



Effective July 12, 2021

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Metabolic 6am Bonnie		Metabolic 6am Julia			
Strength 9am Mel	Metabolic 9am Bonnie	Strength 9am Mel	Metabolic 9am Grace	Strength 9am Julia	Metabolic 9am Mike	Meta- Strength 9am Karen
Strength 5pm Nick	Metabolic* 5pm Mike	Strength 5pm Mike	Metabolic* 5pm Bonnie	Meta - Strength 5pm Karen		
Strength 7pm Nick		Strength 7pm 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	