

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Private Session 07:00-08:00	Women's Group PT 07:00-08:00	Pulse 07:00-07:30	Women's Group PT 07:00-08:00	Private Session 07:00-08:00		
Men's Group PT 08:00-09:00	Open Gym 08:00-09:00	Men's Group PT 07:30-08:30	Open Gym 08:00-09:00	Men's Group PT 08:00-09:00	Men's Group PT 08:30-09:30	
Women's Group PT 09:30-10:30	Women's Group PT 09:30-10:30	Family Sessions 09:30-10:30	Women's Group PT 09:30-10:30	Women's Group PT 09:30-10:30	Family Sessions 09:30-10:30	Open Gym 09:00-10:00
Women's Group PT 10:30-11:30	Men's Group PT 10:30-11:30	Women's Group PT 10:30-11:30	Men's Group PT 10:30-11:30	Women's Group PT 10:30-11:30	Pulse 10:30-11:00	Open Gym 10:00-11:00
Men's Group PT 11:30-12:30	Private Session 11:30-12:30	Men's Group PT 11:30-12:30	Open Gym 11:30-12:30	Men's Group PT 11:30-12:30	Open Gym 11:00-12:00	Open Gym 11:00-12:00
Mixed Group PT 13:00-14:00	Open Gym 13:00-14:00	Gym Tours 13:00-14:00	Open Gym 13:00-14:00	Mixed Group PT 13:00-14:00	Open Gym 12:00-13:00	Open Gym 12:00-13:00
Open Gym 14:00-15:00	Private Session 14:00-15:00	Open Gym 14:00-15:00	Open Gym 14:00-15:00	Private Session 14:00-15:00	Open Gym 13:00-14:00	Open Gym 13:00-14:00
Open Gym 15:00-16:00	Open Gym 15:00-16:00	Open Gym 15:00-16:00	Open Gym 15:00-16:00	Open Gym 15:00-16:00	Open Gym 14:00-15:00	Open Gym 14:00-15:00
Private Session 16:00-17:00	Open Gym 16:00-17:00	Open Gym 16:00-17:00	Open Gym 16:00-17:00	Open Gym 16:00-17:00	Open Gym 15:00-16:00	
Private Sessions 17:00-18:00	Open Gym 17:00-18:00	Private Session 17:00-18:00	Open Gym 17:00-18:00	Open Gym 17:00-18:00	Open Gym 16:00-17:00	
Private Session 18:00-19:00	Open Gym 18:00-19:00	Gym Tour 18:00-19:00	Private Session 18:00-19:00	Open Gym 18:00-19:00		