

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SMALL GROUP TRAINING
6:00am-7:00am

SMALL GROUP TRAINING
6:00am-7:00am

SMALL GROUP TRAINING
6:00am-7:00am

SEMI-PRIVATE
7:00am-8:00am

SEMI-PRIVATE
7:00am-8:00am

SEMI-PRIVATE
7:00am-8:00am

SEMI-PRIVATE
8:00am-9:00am

SMALL GROUP TRAINING
9:00am-10:00am

SMALL GROUP TRAINING
9:00am-10:00am

SMALL GROUP TRAINING
9:00am-10:00am

SMALL GROUP TRAINING
10:00am-11:00am

SEMI-PRIVATE
4:00pm-5:00pm

SEMI-PRIVATE
4:00pm-5:00pm

SEMI-PRIVATE
4:00pm-5:00pm

SEMI-PRIVATE
11:00am-12:00pm

SMALL GROUP TRAINING
6:00pm-7:00pm

SEMI-PRIVATE
6:00pm-7:00pm

SMALL GROUP TRAINING
6:00pm-7:00pm

SEMI-PRIVATE
6:00pm-7:00pm

SMALL GROUP TRAINING
6:00pm-7:00pm