MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		STRENGTH CLASS 6:00am-7:00am		**STRENGTH CLASS** 6:00am-7:00am	**STRENGTH CLASS** 7:00am-8:00am
SEMI-PRIVATE 7:00am-8:00am		**SEMI-PRIVATE** 7:00am-8:00am		**SEMI-PRIVATE** 7:00am-8:00am	**SEMI-PRIVATE** 8:00am-9:00am
STRENGTH CLASS 9:30am-10:30am	**SEMI-PRIVATE** 9:00am-10:00am		**SEMI-PRIVATE** 9:00am-10:00am	**STRENGTH CLASS** 9:30am-10:30am	**CONDITIONING CLASS** 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
STRENGTH CLASS 6:00pm-7:00pm	**SEMI-PRIVATE** 6:00pm-7:00pm	**STRENGTH CLASS** 6:00pm-7:00pm	**SEMI-PRIVATE** 6:00pm-7:00pm		

FORWARDTRAINING