

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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