

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
5:00 AM		HammerTime		HammerTime		
5:30 AM	HammerTime Advanced		HammerTime Advanced		HammerTime Advanced	
5:40 AM		SPIN		SPIN		
6:45 AM						
8:15 AM	HammerTime Pump	HammerTime	Yoga	HammerTime Pump	HammerTime	
8:30 AM						HammerTime
9:00 AM						
9:30 AM		SeniorTime		SeniorTime		
2:30 PM						
5:15 PM		HammerTime	Pilates	HammerTime		
5:30 PM	SPIN					
6:00 PM						
6:30 PM						
7:30 PM						