

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM		Boot Camp 6:00 - 7:00	Boot Camp 6:15 - 7:00		Boot Camp 6:00 - 7:00
6:30 AM	Tabata & Abs 6:30 - 7:00				
7:00 AM		Staffed Open Gym @ 1941 7:00 - 8:00			Staffed Open Gym @ 1941 7:00 - 8:00
8:00 AM					
9:00 AM					
10:00 AM					
10:30 AM					
11:00 AM	Staffed Open Gym @ 1941 11:00 - 11:15	Abs & Glutes @ 1941 11:00 - 11:30		Staffed Open Gym @ 1941 11:00 - 11:15	
11:30 AM	Boot Camp @ 1941 11:30-12:15	HIIT @ 1941 11:45 - 12:15		Tabata @ 1941 11:30-12:00	Spin Class @ 1941 11:30-12:15
12:00 PM			Yoga 12:00 - 12:30	Abs & Glutes @ 1941 12:00-12:15	
12:30 AM	TRX @ 1941 12:30-1:15	Cardio Body Blast 12:30 - 1:00	Barre 12:45 - 1:15	Staffed Open Gym @ 1941 12:15-1:00	Yoga @ 1941 12:30 - 1:15
1:00 PM		Abs & Glutes 1:00 - 1:15			
1:30 AM					
2:00 PM					
2:30 AM					
3:00 PM					
3:30 AM			Strength & Mobility 3:15 - 4:00	Staffed Open Gym @ 1941 3:30 - 4:30	
4:00 PM					
4:30 AM	Boot Camp 4:15 - 5:00	Spin Class @ 1941 4:30 - 5:15	Tabata 4:00 - 4:20	TRX @ 1941 4:30 - 5:30	
5:00 PM	HIIT 5:15 - 5:45				
5:30 PM			Yoga 5:00 - 6:00		30 Minute HIIT 5:30 - 6:00
6:00 PM	6:30 - 7:15 Strength With Equipment				
7:00 PM					6:30 - 7:15 Strength With Equipment
7:15 PM					
8:00 PM					
		1941 In Person Class	Stryker Virtual	Staffed Open Gym	