Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							No Classes
7:00:00 AM							
8:00:00 AM		Senior 55+ Fitness		Senior 55+ Fitness	Senior 55+ Fitness		
		8-9am		8-9am	8-9am		
9:00:00 AM		S&C/Olympic WL Team		S&C/Olympic WL Team	S&C/Olympic WL Team		
		9-10:30a		9-10:30a	9-10:30a		
10:00:00 AM						Olympic WL Team/	
		Express S&C		Express S&C	Express S&C	Advanced S&C/	
11:00:00 AM		10:30-11:30a		10:30-11:30a	10:30-11:30a	Powerlifting	
						10a-12p	
12:00:00 PM						Express S&C	
						12-1p	
1:00:00 PM						Youth S&C	
						1-2p	
2:00:00 PM							
	Senior 55+ Fitness		Senior 55+ Fitness				
3:00:00 PM	2:30-3:30p		2:30-3:30p				
	Express S&C		Express S&C				
4:00:00 PM	3:30-4:30	Youth S&C	3:30-4:30	Youth S&C			
		4-5p		4-5p			
5:00:00 PM	S&C/Olympic WL Team	S&C/Olympic WL Team	S&C/Olympic WL Team	S&C/Olympic WL Team			
	4:30-8p	5-8p	4:30-8p	5-8p			
6:00:00 PM							
	Powerlifting	Powerlifting	Powerlifting	Powerlifting			
7:00:00 PM	4:30-8p	5-8p	4:30-8p	5-8p			
8:00:00 PM							