



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Time	SATURDAY	SUNDAY
6:00 AM	CoreFit	Olympic Weightlifting Strength	CoreFit	Olympic Weightlifting	CoreFit	7:00 AM - 8:30 AM	Olympic Weightlifting	RECOVERY DAY
7:00 AM	CoreFit	BoxHIT	CoreFit	BoxHIT	CoreFit	8:30 AM	CoreFit BoxHIT	
12:15 PM	HIT Express		HIT Express	HIT Express		9:45 AM	HIT	
5:30 PM				ROMWOD	CoreFit			
6:00 PM	CoreFit	BoxHIT	CoreFit	CoreFit				
7:00 PM	Strength	HIT	Strength	HIT				

HIT Express – 30 minutes  HIT & Strength – 45 minutes  All other classes – 60 minutes