

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:00 AM 5:15-6:00am	Markoma MetCon (Gym Floor) Cardio Circuit (Cardio Rm)	Markoma MetCon (Gym Floor) Spin (Cardio Rm)	Markoma MetCon (Gym Floor) Cardio Circuit (Cardio Rm)	Markoma MetCon (Gym Floor) Spin (Cardio Rm)	Markoma MetCon (Gym Floor) Cardio Circuit (Cardio Rm)		
6:00am-7:00am 8:15am-8:45am	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor) Yoga Stretch (Cardio Room)	Markoma MetCon (Gym Floor)		
9:00am-10:00am	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Oly Wt Lifting (Gym Floor)	Oly Wt Lifting (Gym Floor)
10:00am-11:00am		TRX Abs/Core		TRX Abs/Core		Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)
10:15am – 10:45am 11:00am-12:00am	Sr. Stretch/Exercise 65yrs+ (Cardio Room)		Sr. Stretch/Exercise 65yrs+ (Cardio Room)		Sr. Stretch/ Exercise 65yrs+ (Cardio Room)	Spin (Cardio Room) Zumba Toning	
11:15am-12:15am						On Ramp to Markoma MetCon	On Ramp to Markoma MetCon
10:15-11:00 AM	Kids Bootcamp (gym floor)		Kids Bootcamp (gym floor)		Kids Bootcamp (gym floor)		
12:00-1:00PM 1:00-1:30pm	Markoma MetCon/TRX Abs (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon/ TRX Abs (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon TRX Abs (Gym Floor)		
12:00-1:00PM	Spin (Cardio Room)	Glow Spin (Cardio Room)	Spin (Cardio Room)	Spin (Cardio Room)	Spin (Cardio Room)		
4:15pm-5:00pm	Spin (Cardio Room)	Cardio Circuit (Cardio Room)	Spin (Cardio Room)	Cardio Circuit (Cardio Room)	Spin (Cardio Room)		
4:15pm-4:45pm	Kids Boot camp (Gym Floor)		Kids Boot camp (Gym Floor)		Kids Boot camp (Gym Floor)		
5:20pm-6:15pm	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)		
6:20pm-7:00pm			Bootcamp (Gym Floor)		Bootcamp (Gym Floor)		
6:30-7:30 PM		Ab Sculpt (Cardio Room)	Yoga Stretch (Cardio Room)	Ab Sculpt (Cardio Room)			
7:30-8:00 PM	Beg. Metcon (Cardio Room)	Glow Spin (7:15) (Cardio Room)	Beg. MetCon (Cardio Room)	Spin (7:15) (Cardio Room)			
8:15-9:00 PM		Zumba (Gym Floor)		Zumba (Gym Floor)			