

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:00 AM	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)		
6:00am-7:00am	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)		
8:15am-8:45am	Cardio Circuit (Cardio Rm)		Cardio Circuit (Cardio Rm)		Cardio Circuit (Cardio Rm)		
8:15-9:15am	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)		
9:15am-10:15am	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)		
10:15am-11:15am		TRX Abs/Core		TRX Abs/Core		Markoma MetCon (Gym Floor)	
10:15am – 10:45am	Sr. Stretch/Exercise 65yrs+ (Cardio Room)		Sr. Stretch/Exercise 65yrs+ (Cardio Room)		Sr. Stretch/ Exercise 65yrs+ (Cardio Room)		
12:00-1:00PM	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Gym floor reserved for RTR Bike Riders	Gym floor reserved for RTR Bike Riders
12:00-1:00PM	Spin (Cardio Room)	Spin (Cardio Room)	Spin (Cardio Room)	Spin (Cardio Room)	Spin (Cardio Room)		
4:15pm-5:00pm	Cardio Circuit (Cardio Room)	Cardio Circuit (Cardio Room)	Cardio Circuit (Cardio Room)	Cardio Circuit (Cardio Room)			
5:00pm-6:00pm	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)		
6:00-7:00pm	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)			
6:45-7:30 PM		Ab Sculpt (Cardio Room)	Yoga Stretch (Cardio Room)	Ab Sculpt (Cardio Room)			
7:15-8:00 PM	Beg. Bootcamp (Cardio Room)	Spin (Cardio Room)	Beg. Bootcamp (Cardio Room)	Spin (Cardio Room)			
8:00-9:00 PM	Zumba (Cardio Room)	Zumba (Cardio Room)		Zumba (Cardio Room)			