

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)		
12:00-1:00PM	Spin (Cardio Room)	Spin (Cardio Room)	Spin (Cardio Room)	Spin (Cardio Room)	Spin (Cardio Room)		
4:15pm-5:00pm	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)		
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) No Class 9 th & 23 rd			