

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) Cardio Circuit (gym floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor) Cardio Circuit (gym floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor) Cardio Circuit (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) *yoga stretch (cardio room)	Markoma MetCon (Gym Floor)		
9:15am-10:15am *10:15am-11:15am	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor) *TRX Abs/Core	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor) *TRX Abs/Core	Markoma MetCon (Gym Floor)	Bootcamp (gym floor)	Bootcamp (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)		
1:00pm-1:30pm	Yoga Stretch (cardio room)		Yoga Stretch (cardio room)		Yoga Stretch (cardio room)		
4:00pm-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)			
7:00-7:30 PM	Bootcamp (Cardio Room)	Ab Sculpt (cardio room) *Beg Spin	Bootcamp (Cardio Room)	Ab Sculpt (cardio room) *Beg Spin			
8:00-9:00 PM		Zumba (Cardio Room)		Zumba (Cardio Room)			

