

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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)		
7:00am-8:00am	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)		
9:15-10:15am	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)		
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)		
4:00pm-5:00pm	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)		
5:30pm-6:30pm	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)	Markoma MetCon (Gym Floor)		
6:30-7:00pm							

