

WEEKLY FITNESS CLASS SCHEDULE

FREE

With Membership

5:15 AM

M-F

**FITT
Training**

7:00 AM

M,W,F

**Golden
Age
Fitness**

8:30 AM

M,W,F

**Glutes
To The
Max**

9.00 AM

M-F

**Cross
Functional
Drills**

5.00 PM

WED

**Strongman's
Class**

6:00 PM

T, TH

Yoga