



CLASS SCHEDULE

	5:00 AM	6:00 AM	8:30 AM	11:00 AM	4:00 PM		5:00 PM	6:00 PM
MONDAY	LYFE Fit	LYFE Fit	LYFE Fit**	LYFE Fit	LYFE Fit		LYFE Fit	LYFE Fit
TUESDAY	LYFE Fit	LYFE Fit	LYFE Fit**	LYFE Fit	LYFE Fit		LYFE Fit	LYFE Fit
WEDNESDAY	LYFE Fit	LYFE Fit	LYFE Fit**	LYFE Fit	LYFE Fit		LYFE Fit	LYFE Fit
THURSDAY	LYFE Fit	LYFE Fit	LYFE Fit**	LYFE Fit	LYFE Fit		LYFE Fit	LYFE Fit
FRIDAY	LYFE Fit	LYFE Fit	LYFE Fit**	LYFE Fit	LYFE Fit		LYFE Fit	
SATURDAY	Olympic Lifting and Barbell Training @ 8:00 am LYFE Fit @ 9:00 am **							
SUNDAY	Open Gym 1:00 - 3:00 pm							

****Kids playroom open & attended during these classes only**