



Effective October 2020

Class Schedule*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Off The Board Strength 6am	Off The Board Metabolic 6am	Off The Board Strength 6am	Off The Board Metabolic 6am	Off The Board Strength 6am		
Strength 9am Mel	Metabolic 9am Bonnie	Strength 9am Mel	Metabolic 9am Grace	Strength 9am Julia	Metabolic 9am Mike	Meta-Strength 9am Karen
Off The Board Strength 10am	Off The Board Metabolic 10am	Off The Board Strength 10am	Off The Board Metabolic 10am	Off The Board Strength 10am	Off The Board Metabolic 10am	Off The Board Meta-Strength 10am
Strength 5pm Nick	Metabolic 5pm Mike	Strength 5pm Mike	Metabolic 5pm Bonnie	Meta-Strength 5pm Karen		
Off The Board Strength 6pm	Off The Board Metabolic 6pm	Off The Board Strength 6pm	Off The Board Metabolic 6pm	Off The Board Strength 6pm	Studio Hours Monday-Thursday: 5am-9pm Friday: 5am – 8pm Saturday: 7am – Noon Sunday: 7am –Noon	
Off The Board Strength 7pm	Off The Board Metabolic 7pm	Off The Board Strength 7pm	Off The Board Metabolic 7pm	Off The Board Strength 7pm		

*Classes will continue to be held in our outdoor space, weather permitting. If classes are moved indoors they will be conducted in the main gym group fitness room. Members also have options to do the class at times "off-the-board" with help provided on a best efforts basis. Capacity limits & reservations are required for any indoor classes. Please see front desk to make your reservation.