



Effective January 2023

## Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Metabolic</b> 6am Off The Board		<b>Metabolic</b> 6am Off The Board			
<b>Strength</b> 9am Julia	<b>Metabolic</b> 9am Mary	<b>Strength</b> 9am Julia	<b>Metabolic</b> 9am Grace	<b>Strength</b> 9am Julia	<b>Metabolic</b> 9am Alex	<b>Meta- Strength</b> 9am Monica
<b>Strength</b> 5pm Alex	<b>Metabolic*</b> 5pm Monica	<b>Strength</b> 5pm Monica	<b>Metabolic*</b> 5pm Mary	<b>Meta - Strength</b> 5pm Mary		
<b>Strength</b> 7pm Al		<b>Strength</b> 7pm Al				
		*Member option to do same class at 7pm or 8pm “off-the-board” with help provided on a best-efforts basis			<b>Studio Hours</b> Monday-Thursday: 5am-9pm Friday: 5am – 8pm Saturday: 7am – Noon Sunday: 7am – Noon	