



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 & Sweat	LYFE Fit & Sweat	LYFE Fit & Sweat**	LYFE Fit & Sweat	LYFE Fit & Sweat		LYFE Fit & Sweat	LYFE Fit & Sweat
TUESDAY	LYFE Fit & Sweat	LYFE Fit & Sweat	LYFE Fit & Sweat **	LYFE Fit & Sweat	LYFE Fit & Sweat		LYFE Fit & Sweat	LYFE Fit & Sweat
WEDNESDAY	LYFE Fit & Sweat	LYFE Fit & Sweat	LYFE Fit & Sweat**	LYFE Fit & Sweat	LYFE Fit & Sweat		LYFE Fit & Sweat	LYFE Fit & Sweat
THURSDAY	LYFE Fit & Sweat	LYFE Fit & Sweat	LYFE Fit & Sweat **	LYFE Fit & Sweat	LYFE Fit & Sweat		LYFE Fit & Sweat	LYFE Fit & Sweat
FRIDAY	LYFE Fit & Sweat	LYFE Fit & Sweat	LYFE Fit & Sweat**	LYFE Fit & Sweat	LYFE Fit & Sweat		LYFE Fit & Sweat	
SATURDAY	LYFE Fit & Sweat @ 9:00 am **							
SUNDAY	Open Gym 1:00 - 3:00 pm							

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