

Gym - usage times in Orange

SCC - usage times in Red

Speed Performance

uses Gym and SCC

Upstairs Studio - all highlighted in Blue

TRIBE - GREY uses Gym

Nov. 2015	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
5:15 AM		PUNCH		PUNCH			
5:30 AM	Boot	David	Boot	David			
6:00 AM	Camp		Camp				
6:15 AM	FIT	LIFE	FIT	LIFE			
7:15 AM	Steven	Steven	Steven	Steven			
8:15 AM			LIFE		LIFE	Karate	
8:30 AM			Brooke		Brooke		
9:00 AM	FIT	Boot	FIT	Boot			
9:30 AM	Brooke	Camp	Brooke	Camp			
10:00 AM	Seniors		Seniors		Seniors		
10:30 AM							
11:00 AM	Seniors		Seniors		Seniors	Speed &	
11:30 AM						Performance	
12:00 PM		LIFE		LIFE			
12:30 PM		Sarah		Sarah			
1:00 PM							
2:00 PM							
3:00 PM		Speed &		Speed &			
3:30 PM	FIT	Performance	FIT	Performance			
4:00 PM	Melissa		Melissa				
4:30 PM	LIFE		LIFE				
4:45 PM	Melissa	ABC	Melissa	ABC			
5:00 PM							
5:30 PM		Boot		Boot			
5:45 PM	PUNCH	Camp	PUNCH	Camp			
6:15 PM	David	FIT	David	FIT			
6:30 PM		Justin		Justin			
6:45 PM	LIFE		LIFE				
7:30 PM	David		David				
8:00 PM							

Upstairs Studio Availability

8:30 AM	BarreBurn	BarreBurn		BarreBurn			
9:00 AM						Adult Karate	
9:30 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:30 PM							
5:30 PM		Kids		Kids			
6:00 PM	Adult Karate	Karate	Adult Karate	Karate			
6:45 PM							
7:00 PM							
7:30 PM							