

# Gym Club Program Schedule - White Space Open for Activities

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		LIFE		LIFE			
7:15 AM		David		David			
8:00 AM						Karate	
8:15 AM			LIFE		LIFE		
8:30 AM			Brooke		Brooke		
9:00 AM		Boot		Boot		Boot	
9:15 AM		Camp		Camp		Camp	
9:45 AM							
9:30 AM							
10:15 AM	Seniors		Seniors		Seniors		
10:30 AM							
11:00 AM	Seniors		Seniors		Seniors		
11:30 AM	11:05 AM						
12:00 PM	CTT	LIFE/S&P	CTT	LIFE/S&P			
12:30 PM		Sarah		Sarah			
1:00 PM		Speed &		Speed &			
2:00 PM		Performance		Performance			
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
4:45 PM		ABC		ABC			
5:00 PM							
5:15 PM							
5:30 PM		Boot		Boot			
5:45 PM		Camp		Camp			
6:15 PM		FIT		FIT			
6:30 PM		Justin		Justin			
6:45 PM							
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM							
9:00 PM							
10:00 PM							

**SCC is reserved for club programs from 3 - 5:15 PM Tuesday and Thursday and Saturdays from 11-12 PM.**

# Upstairs Studio Club Activities

White space open for activities - Check out key at front desk

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM							
8:30 AM	BarreBurn	BarreBurn		BarreBurn			
9:00 AM						Adult Karate	
9:30 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
4:30 PM							
5:00 PM		Kids		Kids			
5:00 PM	Adult Karate	Karate	Adult Karate	Karate			
6:00 PM							
6:45 PM							
7:00 PM							
7:30 PM							
8:00 PM							
9:00 PM							
10:00 PM							