

Gym - all highlighted in Orange

SCC - all highlighted in Red

Upstairs Studio - all highlighted in Blue

Nov. 2014	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
5:15 AM		IGNITE		IGNITE			
5:30 AM	Boot	Gym	Boot	Gym			
6:00 AM	Camp		Camp				
6:30 AM							
7:30 AM							
8:00 AM						Karate	
8:30 AM							
9:00 AM	IGNITE	Boot	TRX Tennis	Boot	IGNITE	Boot	
9:30 AM	Gym	Camp	Rain Location	Camp	Gym	Camp	
10:00 AM	Seniors		Seniors		Seniors		
10:30 AM							
11:00 AM	Seniors		Seniors		Seniors	Youth	
11:30 AM						Training	
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM		Youth		Youth			
3:30 PM		Training	Kids Dance	Training			
4:00 PM		until 5 p.m.		until 5 p.m.			
4:15 PM		SCC		SCC			
4:30 PM							
4:45 PM		ABC		ABC			
5:00 PM							
5:30 PM					IGNITE		
5:45 PM	IGNITE		IGNITE		Gym		
6:00 PM	Gym	Boot	Gym	Boot			
6:30 PM	Tri Training	Camp	Tri Training	Camp			
7:00 PM	Gym		Gym				
7:30 PM							
8:00 PM							

Upstairs Studio Availability

8:00 AM	Babysitting	Babysitting	Babysitting	Babysitting	Babysitting		
9:00 AM						Adult Karate	
9:30 AM							
10:10 AM	BarreBurn				BarreBurn		
11:10 AM							
3:45 PM							
5:00 PM							
5:30 PM	Adv Kids Karate	Kids		Kids			
6:00 PM	Adult Karate	Karate	Adult Karate	Karate			
6:45 PM		PLT		PLT			
7:00 PM							
7:45 PM							

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