

Gym Club Program Schedule - White Space Open for Activities

Club Activities have Priority - Events will be posted 24 hours in advance

Nov. 2015	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
5:15 AM		TribeFIT		TribeFIT			
5:30 AM	Boot Camp	David	Boot Camp	David			
6:00 AM							
6:15 AM							
6:30AM							
7:45AM							
8:00 AM							
8:15 AM	TribeLIFE		TribeLIFE				
8:45AM	David		David				
9:00 AM		Boot		Boot		Boot	
9:15 AM		Camp		Camp		Camp	
9:30 AM							
9:45 AM							
10:00 AM							
10:15 AM	Seniors		Seniors		Seniors		
10:30 AM							
11:05 AM	Seniors		Seniors		Seniors		
11:30 AM							
11:45PM							
12:00 PM		TribeFIT		TribeFIT			
12:30 PM		Sarah		Sarah			
1:00 PM							
1:30PM							
2:30PM							
3:00 PM							
3:45 PM					*Monday and Friday Kids Classes Located in Group Fitness Building/Studio B		
4:00 PM		Kids	Kids	Kids			
4:15 PM					Speed and Performance uses gym and SCC T&TH 4:40PM		
4:30 PM		Speed & Performance		Speed & Performance			
5:15 PM							
5:30 PM	TribeFIT	Boot	TribeFIT	Boot	Kids		
5:45 PM	David	Camp	David	Camp	Event		
6:15 PM		TribeFIT		TribeFIT	the 2nd		
6:30 PM		Melissa		Melissa	and 3rd		
6:45 PM	Team RX		Team RX		Friday		
7:15 PM					of		
7:30 PM	TribeLIFE		TribeLIFE		each month		
8:30 PM	Deb		Deb				
10:00 PM							

The Studio

	Monday	Tuesday	Weddnesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
11:00 AM		Tennis Dept.					
12:00 PM							
1:00 PM							
1:30PM	Meeting	Meeting	Meeting	Meeting	Meeting		
2:30 PM							
2:45 PM							
3:45 PM	Ballet I		Ballet I				
4:00 PM							
4:30 PM	Ballet II	CrossFlow	Ballet II	CrossFlow			
5:00 PM							
5:15 PM							
5:30 PM				Adult Ballet			
6:00 PM							
6:30 PM	Hot Yoga		Hot Yoga				
7:00 PM							
7:30 PM							
8:00 PM							
9:00 PM							
10:00 PM							