



Spring 2012 Class Schedule

Open Gym is available 24 hours a day, 7 days a week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CrossFit 6:15 – 7:15	Boot Camp 6:15 – 7:15	CrossFit 6:15 – 7:15	Boot Camp 6:15 – 7:15	CrossFit 6:15 – 7:15		
SASY Hybrid 6:15 – 7:15	Interval Spin 6:15 - 7:00	SASY Hybrid 6:15 – 7:15	End/Strength Spin 6:15 - 7:00	SASY Hybrid 6:15 - 7:15		
	Power Flow Yoga 6:15 - 7:15		Power Flow Yoga 6:15-7:15			
CrossFit 7:15 – 8:15	CrossFit 7:15 – 8:15	CrossFit 7:15 – 8:15	CrossFit 7:15 – 8:15	CrossFit 7:15 – 8:15	Boot Camp 8:30 – 9:30	
Interval Spin 7:15 -8:00	Sports Yoga 7:15 - 8:15	End/Strength Spin 7:15 – 8:00	Sports Yoga 7:15 - 8:15	Interval Spin 7:15 – 8:00	CrossFit 9:30 – 10:30	Interval Spin 10:00 – 10:45
Sports Yoga 8:15 - 9:15	End/Strength Spin 8:15 – 9:00	Sports Yoga 8:15 – 9:15	Interval Spin 8:15 – 9:00	Sports Yoga 8:15 – 9:15		
					75 Minute End/ Strength Spin 9:30 – 10:45	Sports Yoga 11:00 – 12:00
SASY Hybrid Noon – 1:00	CrossFit 12:00 – 1:00	SASY Hybrid Noon – 1:00 Boot Camp Noon - 1:00	CrossFit 12:00 – 1:00	SASY Hybrid Noon – 1:00	Sports Yoga 11:00 – 12:00	Restorative Yoga Noon – 1:15
CrossFit 5:15 – 6:15	Boot Camp 5:15 – 6:15	CrossFit 5:15 – 6:15	Boot Camp 5:15 – 6:15	CrossFit 5:15 – 6:15		
Sports Yoga 5:15 – 6:15	End/Strength Spin 5:15 – 6:00	Sports Yoga 5:15 – 6:15	Interval Spin 5:15 – 6:00	Sports Yoga 5:15 – 6:15		
End/Strength Spin 6:15 – 7:00	Sports Yoga 6:15 – 7:15	Interval Spin 6:15 – 7:00	Sports Yoga 6:15 – 7:15	End/Strength Spin 6:15 – 7:00		
Boot Camp 6:15 – 7:15	CrossFit 6:15 – 7:15	Boot Camp 6:15 – 7:15	CrossFit 6:15 – 7:15	Boot Camp 6:15 – 7:15		
		Restorative Yoga 7:15 – 8:30				