Fitness Areas

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Cardio Area	**Weight Room**	**Cardio Area**	**Weight Room**	**Cardio Area**	**Weight Room**	**Cardio Area**	**Weight Room**	**Cardio Area**	**Weight Room**	**Cardio Area**	**Weight Room**	**Cardio Area**	**Weight Room**
6:00am														
6:15am	6:15am - 7:15am	6:15am - 7:15am	6:15am - 7:15am	6:15am - 7:15am	6:15am - 7:15am	6:15am - 7:15am	6:15am - 7:15am	6:15am - 7:15am	6:15am - 7:15am	6:15am - 7:15am				
6:30am														
6:45am														
7:00am											7:00am - 8:00am	7:00am - 8:00am		
7:15am														
7:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am				
7:45am														
8:00am														
8:15am											8:15am - 9:15am	8:15am - 9:15am		
8:30am														
8:45am	8:45am - 9:45am	8:45am - 9:45am	8:45am - 9:45am	8:45am - 9:45am	8:45am - 9:45am	8:45am - 9:45am	8:45am - 9:45am	8:45am - 9:45am	8:45am - 9:45am	8:45am - 9:45am				
9:00am													9:00am - 10:00am	9:00am - 10:00am
9:15am														
9:30am											9:30am - 10:30am	9:30am - 10:30am		
9:45am														
10:00am	10:00am - 11:00am	10:00am - 11:00am	10:00am - 11:00am	10:00am - 11:00am	10:00am - 11:00am	10:00am - 11:00am	10:00am - 11:00am	10:00am - 11:00am	10:00am - 11:00am	10:00am - 11:00am				
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10:45am											10:45am - 11:45am	10:45am - 11:45am		
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12:45pm													12:45pm -1:145pm	12:45pm -1:145pm
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1:30pm														
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