




	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Early Riser Boot Camp 6:00-7:00 a.m.		Early Riser Boot Camp 6:00-7:00 a.m.				
		HIIT Bootcamp 9:00-10:00 a.m.		HIIT Bootcamp 9:00-10:00 a.m.			
Afternoon						Parkour & Free Running 12:00 - 2:00 p.m.	
Evening	Sport Ready 4:00-7:00 p.m.		Gaining the Edge Youth High Performance 4:00-5:00 p.m.	Parkour 4:00-7:00 p.m.	Gaining the Edge Youth High Performance 4:00-5:00 p.m.		
	Gaining the Edge Youth High Performance 5:00-6:00 p.m.	Junior Running Club 4:00-6:00 p.m.					
				Synergy 360 Circuit 6:00-7:00 p.m.			

-  Strength & Conditioning Room
-  Activity Room
-  Class uses both rooms

Register on GameTime for all available classes.