



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|-----------|---|------------------------------------|--|
| 9:00 AM Pilates <i>Darci</i> | 9:00 AM Pilates <i>Darci</i> | | | 9:00 AM Pilates <i>Darci</i> | 9:00 AM Dance Fitness <i>Denise</i> |
| 10:00 AM Turbo Interval <i>Lynette</i> | 10:00 AM Zumba <i>Darci</i> | | 10:00 AM Turbo Interval <i>Lynette</i> | 10:00 AM Zumba <i>Darci</i> | |
| | 5:45 PM Kickboxing <i>Requena</i> | | 5:45 PM Kickboxing <i>Requena</i> | 7:00 PM Zumba <i>Chloe</i> | |
| | 8:00 PM Dance Fitness <i>Denise</i> | | 8:00 PM Dance Fitness <i>Denise</i> | | |

Hours of Operation

Monday – Thursday 5:00 AM – 10:00 PM

Friday 5:00 AM – 9:00 PM

Saturday 8:00 AM – 5:00 PM

Sunday 9:00 AM – 5:00 PM

Kids Kare Hours

Monday – Thursday 8:30 AM – 11:00 AM

4:00 PM – 8:00 PM

Friday 8:30 AM – 11:00 AM

4:00 PM – 7:00 PM

Saturday 8:00 AM – 11:00 AM

Sunday 1:00 PM – 3:00 PM