

MONDAY	PT	CrossFit	Club	HIIT 30	HIIT 60	Bootcamp	Kids	Teens	757swim
5:00 - 5:30AM	■								
5:30 - 6:00AM	■								
6:00 - 6:30AM		■	■	■	■				
6:30 - 7:00AM		■	■		■				
7:00 - 7:30AM	■								
7:30 - 8:00AM	■								
8:00 - 8:30AM	■								
8:30 - 9:00AM	■								
9:00 - 9:30AM									
9:30 - 10:00AM		■	■	■	■				
10:00 - 10:30AM		■	■		■				
10:30 - 11:00AM									
11:00 - 11:30AM									
11:30 - 12:00PM									
12:00 - 12:30PM									
12:30 - 1:00PM									
1:00 - 1:30PM		■	■						
1:30 - 2:00PM		■	■						
2:00 - 2:30PM									
2:30 - 3:00PM	■								
3:00 - 3:30PM	■								
3:30 - 4:00PM	■							■	
4:00 - 4:30PM	■							■	
4:30 - 5:00PM	■	■	■	■	■		■		
5:00 - 5:30PM	■	■	■		■				
5:30 - 6:00 PM		■	■	■	■				■
6:00 - 6:30PM		■	■		■				■
6:30 - 7:00PM		■	■	■	■				
7:00 - 7:30PM		■	■		■				

TUESDAY	PT	CrossFit	Club	HIIT 30	HIIT 60	Bootcamp	Kids	Teens	757swim
5:00 - 5:30AM	Light Blue								
5:30 - 6:00AM	Light Blue								
6:00 - 6:30AM		Red	Orange	Yellow	Green				
6:30 - 7:00AM		Red	Orange		Green				
7:00 - 7:30AM	Light Blue								
7:30 - 8:00AM	Light Blue								
8:00 - 8:30AM	Light Blue								
8:30 - 9:00AM	Light Blue								
9:00 - 9:30AM									
9:30 - 10:00AM		Red	Orange	Yellow	Green				
10:00 - 10:30AM		Red	Orange		Green				
10:30 - 11:00AM									
11:00 - 11:30AM									
11:30 - 12:00PM									
12:00 - 12:30PM									
12:30 - 1:00PM									
1:00 - 1:30PM		Red	Orange						
1:30 - 2:00PM		Red	Orange						
2:00 - 2:30PM									
2:30 - 3:00PM	Light Blue								
3:00 - 3:30PM	Light Blue								
3:30 - 4:00PM	Light Blue							Blue	
4:00 - 4:30PM	Light Blue							Blue	
4:30 - 5:00PM	Light Blue	Red	Orange	Yellow	Green				
5:00 - 5:30PM	Light Blue	Red	Orange		Green				
5:30 - 6:00 PM		Red	Orange	Yellow	Green				Purple
6:00 - 6:30PM		Red	Orange		Green				Purple
6:30 - 7:00PM		Red	Orange	Yellow	Green				Purple
7:00 - 7:30PM		Red	Orange		Green				Purple

WEDNESDAY	PT	CrossFit	Club	HIIT 30	HIIT 60	Bootcamp	Kids	Teens	757swim
5:00 - 5:30AM	PT								
5:30 - 6:00AM	PT					Bootcamp			
6:00 - 6:30AM		CrossFit	Club	HIIT 30	HIIT 60	Bootcamp			
6:30 - 7:00AM		CrossFit	Club		HIIT 60				
7:00 - 7:30AM	PT					Bootcamp			
7:30 - 8:00AM	PT					Bootcamp			
8:00 - 8:30AM	PT								
8:30 - 9:00AM	PT								
9:00 - 9:30AM									
9:30 - 10:00AM		CrossFit	Club	HIIT 30	HIIT 60				
10:00 - 10:30AM		CrossFit	Club		HIIT 60				
10:30 - 11:00AM									
11:00 - 11:30AM									
11:30 - 12:00PM									
12:00 - 12:30PM									
12:30 - 1:00PM									
1:00 - 1:30PM		CrossFit	Club						
1:30 - 2:00PM		CrossFit	Club						
2:00 - 2:30PM									
2:30 - 3:00PM	PT								
3:00 - 3:30PM	PT								
3:30 - 4:00PM	PT							Teens	
4:00 - 4:30PM	PT							Teens	
4:30 - 5:00PM	PT	CrossFit	Club	HIIT 30	HIIT 60		Kids		
5:00 - 5:30PM	PT	CrossFit	Club		HIIT 60				
5:30 - 6:00 PM		CrossFit	Club	HIIT 30	HIIT 60				757swim
6:00 - 6:30PM		CrossFit	Club		HIIT 60				757swim
6:30 - 7:00PM		CrossFit	Club	HIIT 30	HIIT 60				
7:00 - 7:30PM		CrossFit	Club		HIIT 60				

THURSDAY	PT	CrossFit	Club	HIIT 30	HIIT 60	Bootcamp	Kids	Teens	757swim
5:00 - 5:30AM	Light Blue								
5:30 - 6:00AM	Light Blue								
6:00 - 6:30AM		Red	Orange	Yellow	Green				
6:30 - 7:00AM		Red	Orange		Green				
7:00 - 7:30AM	Light Blue								
7:30 - 8:00AM	Light Blue								
8:00 - 8:30AM	Light Blue								
8:30 - 9:00AM	Light Blue								
9:00 - 9:30AM									
9:30 - 10:00AM		Red	Orange	Yellow	Green				
10:00 - 10:30AM		Red	Orange		Green				
10:30 - 11:00AM									
11:00 - 11:30AM									
11:30 - 12:00PM									
12:00 - 12:30PM									
12:30 - 1:00PM									
1:00 - 1:30PM		Red	Orange						
1:30 - 2:00PM		Red	Orange						
2:00 - 2:30PM									
2:30 - 3:00PM	Light Blue								
3:00 - 3:30PM	Light Blue								
3:30 - 4:00PM	Light Blue							Blue	
4:00 - 4:30PM	Light Blue							Blue	
4:30 - 5:00PM	Light Blue	Red	Orange	Yellow	Green				
5:00 - 5:30PM	Light Blue	Red	Orange		Green				
5:30 - 6:00 PM		Red	Orange	Yellow	Green				Purple
6:00 - 6:30PM		Red	Orange		Green				Purple
6:30 - 7:00PM		Red	Orange	Yellow	Green				Purple
7:00 - 7:30PM		Red	Orange		Green				Purple





SUNDAY	PT	CrossFit	Club	HIIT 30	HIIT 60	Bootcamp	Kids	Teens	757swim
5:00 - 5:30AM									
5:30 - 6:00AM									
6:00 - 6:30AM									
6:30 - 7:00AM									
7:00 - 7:30AM									
7:30 - 8:00AM									
8:00 - 8:30AM									
8:30 - 9:00AM									
9:00 - 9:30AM									
9:30 - 10:00AM									
10:00 - 10:30AM									
10:30 - 11:00AM									
11:00 - 11:30AM									
11:30 - 12:00PM									
12:00 - 12:30PM									
12:30 - 1:00PM									
1:00 - 1:30PM									
1:30 - 2:00PM									
2:00 - 2:30PM									
2:30 - 3:00PM									
3:00 - 3:30PM									
3:30 - 4:00PM									
4:00 - 4:30PM									
4:30 - 5:00PM									
5:00 - 5:30PM									
5:30 - 6:00 PM									
6:00 - 6:30PM									
6:30 - 7:00PM									
7:00 - 7:30PM									

