



fall SCHEDULE '24

MON	TUE	WED	THU	FRI	SAT	SUN		
ADULT FITNESS 9:30-10:30	TODDLER TIME 9:30-10:45	TODDLER TIME 9:30-10:45	ADULT FITNESS 9:30-10:30	TODDLER TIME 9:30-10:45	TODDLER TIME 9:30-10:45			
ADULT AERIAL 11:00-12:00	ADULT FITNESS 11:00-12:00	ADULT AERIAL 11:00-12:00	ADULT FITNESS 11:00-12:00	EVENT 11:00-2:30	PARTY/EVENT 11:00-5:30	PARTY/EVENT 11:00-5:30		
EVENT 12:30-2:30	EVENT 12:30-2:30	HOMESCHOOL CLASS / OG (AERIAL) 12:30-2:30	HOMESCHOOL CLASS / OG (PARKOUR) 12:30-2:30					
OPEN GYM 3:00-4:00	OPEN GYM 3:00-4:00	OPEN GYM 3:00-4:00	OPEN GYM 3:00-4:00	FUN FRIDAY OPEN GYM 3:00-4:00				
GUIDED OPEN GYM 4:00-5:00	GUIDED OPEN GYM 4:00-5:00	GUIDED OPEN GYM 4:00-5:00	GUIDED OPEN GYM 4:00-5:00	FUN FRIDAY OPEN GYM 4:00-5:00				
TEEN AERIAL 5:00-6:00	YOUTH PARKOUR 5:00-6:00	YOUTH AERIAL 5:00-6:00	TEEN PARKOUR 5:00-6:00	TEEN / ADULT OPEN GYM 5:00-6:00				
ADULT AERIAL 6:00-7:00	ADULT FITNESS 6:00-7:00	TEEN / ADULT YOGA 6:00-7:00	ADULT FITNESS 6:00-7:00	FRIDAY EVENTS ANNOUNCED MONTHLY!		ADULT RESERVE YOGA 6:00-7:00		
<p>Sign Up Today!</p> <p>Open Gym starts on August 19 All Classes begin on September 3</p>								
<p>Youth / Teen Form</p> 		<p>Adult Form</p> 						