



MONDAY	<b>FLEXIT</b> FUNCTIONAL FITNESS 06:00 AM	<b>M</b> GROUP ACTIVE 09:30 AM	<b>M</b> R30 05:30 PM	<b>M</b> GROUP POWER 06:05 PM	<b>M</b> GROUP CENTERGY 07:05 PM
TUESDAY	<b>FLEXIT</b> CIRCUIT 06:00 AM	<b>M</b> GROUP POWER 09:30 AM	<b>M</b> GROUP ACTIVE 05:15 PM	<b>FG</b> HIIT 06:30 PM	
WEDNESDAY	<b>FLEXIT</b> BOXING 06:00 AM	<b>ABT</b> 09:30 AM	<b>M</b> R30 05:30 PM	<b>FG</b> HIIT 06:15 PM	
THURSDAY	<b>M</b> GROUP CENTERGY 06:00 AM	<b>M</b> GROUP BLAST <b>M</b> GROUP POWER 09:30 AM	<b>M</b> GROUP fight 05:15 PM	<b>M</b> GROUP ACTIVE 06:15 PM	
FRIDAY	<b>FLEXIT</b> CIRCUIT 06:00 AM	<b>FLEXIT</b> CIRCUIT 09:30 AM	<b>FG</b> HIIT 05:30 PM		
SATURDAY		<b>FLEXIT</b> BOXING 08:30 AM			
SUNDAY				<b>M</b> GROUP CENTERGY 09:00 AM	