



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