

All Events ▼					Open Gym Open entry to the fitness room with wide variety of equipment.	Saturday	Sunday
	Monday	Tuesday	Wednesday	Thursday			
7:00 am	Open Gym Open entry	Open Gym Open entry	CrossFit Weightlifting	Open Gym Open entry	Open Gym Open entry		Open Gym Open entry
8:00 am	7:00 am 11:00 am Mark Moreau	7:00 am 11:00 am Mark Moreau	7:00 am 9:00 am Kevin Nomak	7:00 am 12:00 pm Mark Moreau	7:00 am 9:00 am Mark Moreau		7:00 am 11:00 am Mark Moreau
9:00 am	Zumba Beginners	Zumba Advanced					
10:00 am	8:00 am 9:00 am Emma Brown	8:00 am 9:00 am Emma Brown					
11:00 am	Boxing Boxing class	Boxing MMA beginners	Zumba Beginners			Boxing Boxing class	Body Building Weightlifting
12:00 pm	11:00 am 1:00 pm Robert Bandana	11:00 am 1:00 pm Robert Bandana	11:00 am 1:00 pm Emma Brown	Body Building Weightlifting	Body Building Weightlifting	11:00 am 1:00 pm Robert Bandana	11:00 am 1:00 pm Kevin Nomak
1:00 pm		Boxing MMA all levels 1:00 pm 2:00 pm Robert Bandana	CrossFit Beginners 1:00 pm 3:00 pm Kevin Nomak	12:30 pm 2:00 pm Kevin Nomak	12:30 pm 2:00 pm Kevin Nomak	Boxing MMA all levels 1:00 pm 2:00 pm Robert Bandana	Body Building Body works 1:00 pm 3:00 pm Kevin Nomak
2:00 pm				Boxing Thai boxing 2:00 pm 3:00 pm Robert Bandana	Boxing Thai boxing 2:00 pm 3:00 pm Robert Bandana	CrossFit Weightlifting 2:00 pm 3:00 pm Kevin Nomak	
3:00 pm	CrossFit Advanced 3:00 pm 4:00 pm Kevin Nomak	CrossFit Intermediate 3:00 pm 4:00 pm Kevin Nomak	Cardio Fitness High impact 3:00 pm 3:45 pm Mark Moreau		Zumba Preschool class 3:00 pm 4:00 pm Emma Brown	Zumba Preschool class 3:00 pm 4:00 pm Emma Brown	CrossFit Beginners 3:00 pm 4:00 pm Kevin Nomak
4:00 pm	Cardio Fitness Low impact 4:00 pm 5:00 pm Mark Moreau	Cardio Fitness High impact 4:00 pm 5:00 pm Trevor Smith	Cardio Fitness Low impact 4:00 pm 5:00 pm Mark Moreau			Cardio Fitness High impact 4:00 pm 5:00 pm Trevor Smith	Boxing Thai boxing 4:00 pm 5:00 pm Robert Bandana
5:00 pm			Zumba Zumba dance 5:00 pm 6:30 pm Emma Brown	CrossFit Beginners 5:00 pm 6:30 pm Kevin Nomak	Zumba Fitness and fun 5:00 pm 6:30 pm Emma Brown	CrossFit Advanced 5:00 pm 6:30 pm Kevin Nomak	
6:00 pm	Body Building Weightlifting 6:00 pm 7:30 pm Kevin Nomak	Body Building Weightlifting 6:00 pm 7:30 pm Kevin Nomak		Zumba Advanced 5:00 pm 6:30 pm Emma Brown		Zumba Fitness and fun 5:00 pm 6:30 pm Emma Brown	
7:00 pm							