

# CROSS TRAINING

## FITNESS CENTER

### CLASS SCHEDULE

	CLASS	OPEN GYM	SPIN *FREE TO ALL SPA FITNESS MEMBERS	ATHLETIC DEVELOPMENT
<b>MONDAY</b>	6:30 - 7:30 AM 9:00 - 10:00 AM 10:30 - 11:30 AM 1:30 - 2:30 PM 5:15 - 6:15 PM 6:30 - 7:30 PM	8:30 - 9:00 AM 10:00 - 10:30 AM 1:00 - 1:30 PM 4:45 - 5:15 PM	5:30 - 6:30AM 9:30 - 10:30AM 6:00 - 7:00PM	3:00 - 5:00 PM
<b>TUESDAY</b>	6:30 - 7:30 AM 9:00 - 10:00 AM 10:30 - 11:30 AM 1:30 - 2:30 PM 5:30 - 6:30PM 7:00 - 8:00PM	8:30 - 9:00AM 10:00 - 10:30 AM 1:00 - 1:30 PM 5:00 - 5:30 PM	6:00 - 7:00AM 9:30 - 10:30AM 6:00 - 7:00PM	3:00 - 5:00 PM
<b>WEDNESDAY</b>	6:30 - 7:30 AM 9:00 - 10:00 AM 10:30 - 11:30 AM 1:30 - 2:30 PM 5:15 - 6:15 PM 6:30 - 7:30 PM	8:30 - 9:00 AM 10:00 - 10:30 AM 1:00 - 1:30 PM 4:45 - 5:15 PM	5:30 - 6:30AM 9:30 - 10:30AM 6:00 - 7:00PM	3:00 - 5:00 PM
<b>THURSDAY</b>	6:30 - 7:30 AM 9:00 - 10:00 AM 10:30 - 11:30 AM 1:30 - 2:30 PM 5:30 - 6:30PM 7:00 - 8:00PM	8:30 - 9:00AM 10:00 - 10:30 AM 1:00 - 1:30 PM 5:00 - 5:30 PM	6:00 - 7:00AM 9:30 - 10:30AM 6:00 - 7:00PM	3:00 - 5:00 PM
<b>FRIDAY</b>	6:30 - 7:30 AM 9:00 - 10:00 AM 10:30 - 11:30 AM 1:30 - 2:30 PM 5:15 - 6:15 PM	8:30 - 9:00AM 10:00 - 10:30 AM 1:00 - 1:30 PM 4:45 - 5:15 PM	6:00 - 7:00AM 9:30 - 10:30AM 4:30 - 5:30PM	3:00 - 5:00 PM
<b>SATURDAY</b>	11:00 AM - 12:00 PM	10:00 AM - 11:00 AM	9:00 - 10:00AM	10:00 - 11:00 AM