

Monday	Tuesday	Wednesday
<p>5:15 A - 614Focus w Jacky</p> <p>6:00 A - 614Zone w Jacky</p> <p>7:15 A - SGT w Jim</p> <p>5:00 P - 614Worx w Elicia</p> <p>6:00 P- Restorative Yoga w Megan</p> <p>7:00 P - SGT w Elicia</p> <p>Personal Training by Appointment</p>	<p>6:00 A -SGT w Jacky</p> <p>7:15 A - 614Focus w Jacky</p> <p>5:15 P - Body Ropes FX W Nick</p> <p>6:00 P-Barbell w Nick</p> <p>Personal Training by Appointment</p>	<p>5:30 A - SGT w Elicia</p> <p>7:15 A - 614Worx w Elicia</p> <p>8:30 A - 614Zone w Elicia</p> <p>5:00 P -20 Mins Ab & Booty W Elicia</p> <p>5:30 P - HIIT w Josh</p> <p>6:30 P - Deep Stretch Yoga w Mel</p> <p>Personal Training by Appointment</p>

Thursday	Friday	Saturday	Sunday
<p>6:00 A - 614Worx w Elicia</p> <p>7:15 A - Abs & Booty w Elicia</p> <p>6:00 P- Weightlifting - Old School w Jim & Susan</p> <p>7:00 P - 614Zone w Jim & Susan</p> <p>Personal Training by Appointment</p>	<p>5:30 A - 614Worx w Ashley</p> <p>7:15 A - Weightlifting - Old School w Jim</p> <p>5:45 P - 614Zone w Jim</p> <p>Personal Training by Appointment</p>	<p>7:30 A -HIIT w Josh</p> <p>8:30 A - SGT w Jim</p> <p>9:30 A - SGT w Jim</p> <p>Personal Training by Appointment</p>	<p>8:30 A -Weightlifting - Old School w Jim & Susan</p> <p>9:30 A - Sunday Core w Ashley</p> <p>10:30 A -614Worx w Ashley</p> <p>2:45 P - Power Yoga w Naomi</p> <p>Personal Training by Appointment</p>