







Effective 9/5/17	Mon Closed Labor Day	Tue	Wed	Thu	Fri	Sat	Sun
5:00am	Group Strength Power ½ Hour		Group Strength Power ½ Hour		Core Cross		
5:15am		Functional Intensity		Functional Intensity*			
6:00am	Group Strength	Functional Intensity	Group Strength	Functional Intensity*	Core Cross		
7:00am		Group Strength		Group Strength*		Group Strength	
8:00am	Group Strength	Functional Intensity	Functional Intensity	Group Strength	Core Cross	Functional Intensity	Bootcamp Beats 
8:15am							Indoor Cycling
8:45am						Cize™	
9:00am	HIIT Cycling	Cize™				Functional Intensity	
9:15am			Indoor Cycling	Sculpt Held in Cardio Room	Tri Fit		M-20
9:30am	Sculpt Held in Cardio Room	BB Express 				Advanced Step	
10:00am	Group Strength	Functional Intensity	M-20	Group Strength	Core Cross		 <p>Core Fitness Hours of Operation Monday-Thursday: 5:00am-8:00pm Friday: 5:00am-6:00pm Saturday: 7:00am-12:00pm Sunday: 8:00am-10:00am Babysitting Hours: Monday-Friday 9:00am-11:00am Prices and Printable Schedule at www.corefitnessgrouptraining.com</p> <p>Labor Day Weekend Schedule: Friday: Regular hours and schedule Saturday: Open 8am-10:30am for a Modified Schedule</p> <ul style="list-style-type: none"> • 8:00am: Power Half Hour • 8:30am: Functional Intensity • 9:15am: Bootcamp Beats Express • 9:45am: Step Aerobics <p>Sunday: Regular hours and schedule Monday: Closed</p>
10:30am						Takedown Academy	
11:00am	Senior Strength & Mobility	Senior Strength & Mobility		Senior Strength & Mobility			
3:30pm	Student Strength and Conditioning Starts 9/11	Student Speed and Agility Starts 9/12	Student Strength and Conditioning Starts 9/13	Student Speed and Agility Starts 9/14			
4:30pm	Group Strength	Student Strength and Conditioning Starts 9/12	Group Strength	Student Strength and Conditioning Starts 9/14			
5:00pm					Functional Intensity		
5:30pm	Tri Fit		Cize™				
6:15pm			Sculpt Held in Cardio Room				
6:30pm	M-20	Bootcamp Beats 					
6:45pm			M-20				
7:00pm	Functional Intensity			HIIT CYCLE			
7:15pm			Functional Intensity				
7:30pm		Power Half Hour		Power Half Hour		 Cardio Fitness Class (located in cardio fitness studio)  Advanced Class (high Intensity, high impact)	

