

# FITNESS CLASS SCHEDULE

## Tuesday

**Spin  
with Sheryl  
5:45am-6:45am**

**Warrior Training  
Group Class  
6:15am-7:15am  
4:30pm-5:30pm  
5:30pm-6:30pm**

**Rock Climbing  
Safety Orientation  
5:30pm-6:30pm**

**Punch Out Boxing  
with Greg  
6:30pm-7:30pm**

## Wednesday

**Rocket Yoga  
with Rachel  
4:15pm-5:15pm**

## Thursday

**Spin  
with Sheryl  
5:45am-6:45am**

**Warrior Training  
Group Class  
6:15am-7:15am  
4:30pm-5:30pm  
5:30pm-6:30pm**

**Dance Fitness  
with Shirley  
6:30pm-7:30pm**

## Friday

**Warrior Training  
Group Class  
6:15am-7:15am  
4:30pm-5:30pm**

