

WEEKLY GROUP CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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8:00 am	Private Training Sessions	Private Training Sessions	Private Training Sessions	Private Training Sessions	Private Training Sessions	Private Training Sessions
9:00 am	FullBodyTone I 9:00am - 9:50am	gTonnicks-FullBodyTone II 9:30am - 10:20am	FullBodyTone I 9am - 9:50am (September '26)	FullBodyTone II 9:30am - 10:20am	gTonnickStretch 8:35am - 9:25am	Strength&Balance 8:30am - 9:20am
10:00 am	MotherFlow 10:00am - 10:50am		MotherFlow 10:00am - 10:50am		MotherFlow 10:00am - 10:50am	gBoxer'sWorkout 9:30 am - 10:20 am
11:00 am	Private Training Sessions	Private Training Sessions	Private Training Sessions	Private Training Sessions		Private Training Sessions
12:00 pm						Private Training Sessions
1:00 pm						Private Martial Arts
2:00 pm		Private Training Sessions	Private Training Sessions	Private Training Sessions	Private Training Sessions	Free Presentation* 2pm - 2:30pm
3:00 pm						Free Presentation* 2:45pm - 3:15pm
4:00 pm		Youth Martial Arts		Youth Martial Arts		Free Presentation* 3:30pm - 4:00pm
5:00 pm						
6:00 pm	gKickBox 6pm - 6:50pm	gTonnicks-FullBodyTone II 6pm - 6:50pm (September '26)	BoogieG 6pm - 6:45pm	FullBodyTone II 6pm - 6:50pm		
7:00 pm						

*by appointment only