



| Class Start Time | Monday   | Tuesday         | Wednesday       | Thursday        | Friday          | Saturday        |
|------------------|--|-----------------|-----------------|-----------------|-----------------|-----------------|
| 6:00 am          | Speedflex Class  | Speedflex Class | Speedflex Class | Speedflex Class | Speedflex Class |                 |
| 6:30 am          | Speedflex Class  |                 | Speedflex Class |                 | Speedflex Class |                 |
| 7:00 am          | Speedflex Class  | Speedflex Class | Speedflex Class | Speedflex Class | Speedflex Class |                 |
| 8:00 am          |  |                 |                 |                 |                 | Speedflex Class |
| 8:15 am          | Speedflex Class  | Speedflex Class | Speedflex Class | Speedflex Class | Speedflex Class |                 |
| 9:00 am          | Speedflex Class  | Speedflex Class | Speedflex Class | Speedflex Class | Speedflex Class | Speedflex Class |
| 9:30 am          | Speedflex Class  |                 | Speedflex Class |                 | Speedflex Class |                 |
| 10:00 am         | RESERVED CLASS TIME FOR EXERCISE MEDICINE PATIENTS/PERSONAL TRAINING/PROFESSIONAL ATHLETES |                 |                 |                 |                 | Speedflex Class |
| 11:00 am         | RESERVED CLASS TIME FOR EXERCISE MEDICINE PATIENTS/PERSONAL TRAINING/PROFESSIONAL ATHLETES |                 |                 |                 |                 |                 |
| 12:00 pm         | Speedflex Class  | Speedflex Class | Speedflex Class | Speedflex Class | Speedflex Class |                 |
| 12:45 pm         | Speedflex Class  | Speedflex Class | Speedflex Class | Speedflex Class | Speedflex Class |                 |
| 1:00 pm          | RESERVED CLASS TIME FOR EXERCISE MEDICINE PATIENTS/PERSONAL TRAINING/PROFESSIONAL ATHLETES |                 |                 |                 |                 |                 |
| 2:00 pm          | RESERVED CLASS TIME FOR EXERCISE MEDICINE PATIENTS/PERSONAL TRAINING/PROFESSIONAL ATHLETES |                 |                 |                 |                 |                 |
| 3:30 pm          | Speedflex Class  | Speedflex Class | Speedflex Class | Speedflex Class | Speedflex Class |                 |
| 4:30 pm          | Speedflex Class  | Speedflex Class | Speedflex Class | Speedflex Class | Speedflex Class |                 |
| 5:30 pm          | Speedflex Class  | Speedflex Class | Speedflex Class | Speedflex Class | Speedflex Class |                 |
| 6:30 pm          | Speedflex Class  | Speedflex Class | Speedflex Class | Speedflex Class | Speedflex Class |                 |