

Open Gym Class Schedule

Sun Dec 18 – Sat Dec 24, 2011 (Mountain Time)

	Sun 12/18	Mon 12/19	Tue 12/20	Wed 12/21	Thu 12/22	Fri 12/23	Sat 12/24
	Private Yoga by Appointment	Self Defense by Appointment	Self Defense by Appointment	Self Defense by Appointment	Self Defense by Appointment	Self Defense by Appointment	
	Self Defense by Appointment	Private Yoga By Appointment	Private Yoga By Appointment	Private Yoga By Appointment	Private Yoga By Appointment	Private Yoga By Appointment	
	Personal Training by Appointment	Personal Training by Appointment	Personal Training by Appointment	Personal Training by Appointment	Personal Training by Appointment	Personal Training by Appointment	
6am			Free Abs Lab 6am - 6:30am				
7am							
8am							
9am							
10am							
2pm							
3pm							
4pm							
5pm				Free Power Fit Class 5pm - 5:45pm			
6pm		Free Global Motion 5:45pm - 6:45pm	Free Indoor Cycling 6pm - 7pm	Free Restorative Yoga 5:45pm - 7pm	Free Indoor Cycling 6pm - 7pm		