

# Open Gym Class Schedule

Sun Aug 29 – Sat Sep 4, 2010 (Mountain Time)

	Sunday 8/29	Monday 8/30	Tuesday 8/31	Wednesday 9/1	Thursday 9/2	Friday 9/3	Saturday 9/4
	Private Yoga by Appointment Personal Training by Appointment Self Defense by Appointment	Self Defense by Appointment Private Yoga By Appointment Personal Training by Appointment	Private Pilates By Appointment Self Defense by Appointment Private Yoga By Appointment Personal Training by Appointment	Private Yoga By Appointment Self Defense by Appointment Personal Training by Appointment	Private Pilates By Appointment Private Yoga By Appointment Self Defense by Appointment Personal Training by Appointment	Private Yoga By Appointment Personal Training by Appointment Self Defense by Appointment	Personal Training by Appointment Self Defense by Appointment
5am						Free Accountability	
6am			Fitness Challenge 5:30am - 6:30am		Fitness Challenge 5:30am - 6:30am		
7am					Free Pilates 6:30am - 7:30am		
8am							Free Rowing Club 8am -
9am							Outdoor Bootcamp 8am -
10am							Free Basic Training/Step/Kick box Fusion 9am - 10am
11am							
5pm							
6pm		Free Accountability		Free Restorative Yoga 5:45pm - 7pm			
7pm			Outdoor Bootcamp 6:30pm - 7:30pm		Outdoor Bootcamp 6:30pm - 7:30pm		