

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 6:00-7:00 AM | **CROSSFIT**  **Coach Elizabeth** | **CROSSFIT**  **Coach Elizabeth** | **CROSSFIT**  **Coach Elizabeth** | **CROSSFIT**  **Coach Elizabeth** | **CROSSFIT**  **Coach Elizabeth** |
| 6:30-7:30 AM | **BOOT CAMP**  **Tiffanie** | **BOOT CAMP**  **Tiffanie** | **BOOT CAMP**  **Tiffanie** | **BOOT CAMP**  **Tiffanie** | **BOOT CAMP**  **Tiffanie** |
| 7:15-7:50 AM | **YOGA**  **Katlyn** |  | **YOGA**  **Katlyn** |  | **YOGA**  **Katlyn** |
| 8:00-9:00 AM | **BOOT CAMP**  **Tiffanie** | **BOOT CAMP**  **Tiffanie** | **BOOT CAMP**  **Tiffanie** | **BOOT CAMP**  **Tiffanie** | **BOOT CAMP**  **Tiffanie** |
| 9:00-9:30 AM | **BOOT CAMP**  **Tiffanie** | **BOOT CAMP**  **Tiffanie** | **BOOT CAMP**  **Tiffanie** | **BOOT CAMP**  **Tiffanie** | **CHAIR VOLLEYBALL**  **Tiffanie** |
| 9:30-10:00 AM | **CHAIR YOGA**  **Tiffanie** |  | **CHAIR YOGA**  **Tiffanie** |  |  |
| 10:00-11:00AM |  | **SILVER SNEAKERS**  **Tiffanie** |  | **SILVER SNEAKERS**  **Tiffanie** |  |
| 11:00-11:30AM |  | **ZUMBA GOLD**  **Tiffanie** |  | **ZUMBA GOLD**  **Tiffanie** |  |
| 1:30-2:30 PM | **CROSSFIT**  **Coach Elizabeth** | **CROSSFIT**  **Coach Elizabeth** | **CROSSFIT**  **Coach Elizabeth** | **CROSSFIT**  **Coach Elizabeth** | **CROSSFIT**  **Coach Elizabeth** |
| 4:30-5:15 PM | **Strength**  **Conditioning**  **Katlyn** | **Strength**  **Conditioning**  **Katlyn** | **Strength**  **Conditioning**  **Katlyn** | **Strength**  **Conditioning**  **Katlyn** | **Strength**  **Conditioning**  **Katlyn** |
| 5:00-6:00 PM | **CROSSFIT** | **CROSSFIT** | **CROSSFIT** | **CROSSFIT** | **CROSSFIT** |
| 5:00-6:00 PM | **OK KWON CHI O’GRADY** | **ZUMBA**  **Julie** |  | **ZUMBA**  **Julie** | **OK KWON CHI O’GRADY** |
| 5:15-6:00 PM | **YOGA**  **Katlyn** |  | **YOGA**  **Katlyn** |  | **YOGA**  **Katlyn** |
| 6:00-7:00 PM | **Combat Martial Arts**  **O’Grady** | **Shudo Kan Karate**  **O’Grady** |  | **Shudo Kan Karate**  **O’Grady** | **Combat Martial Arts**  **O’Grady** |
| 6:00-7:00 PM | **BOOT CAMP**  **Wes** | **BOOT CAMP**  **Wes** | **BOOT CAMP**  **Wes** | **BOOT CAMP**  **Wes** | **BOOT CAMP**  **Wes** |
| 6:00-7:00 PM | **CROSSFIT** | **CROSSFIT** | **CROSSFIT** | **CROSSFIT** | **CROSSFIT** |
| 6:00-7:00 PM | **KID FIT**  **Julie** | **KID FIT**  **Julie** | **KID FIT**  **Julie** | **KID FIT**  **Julie** | **KID FIT**  **Julie** |
| 7:00-8:00 PM | **Beginning CrossFit** | **Beginning CrossFit** |  | **Beginning CrossFit** |  |
| 7:00-8:00 PM | **Taekwondo**  **Ousley** |  |  | **Taekwondo**  **Ousley** |  |

**Monday – Friday 6:00am-10:00pm Phone: 580-326-9422**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **COLOR KEY** | **CROSSFIT** | **MULTI-PURPOSE** | **GYM** | **WEIGHT ROOM** |