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| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 6:30 AM | **Early Bird Boot Camp with Taylor** | **Early Bird Boot Camp with Taylor** | **Early Bird Boot Camp with Taylor** | **Early Bird Boot Camp with Taylor** | **Early Bird Boot Camp with Taylor** |
| 8:00 AM | **Fit Happens****Boot Camp** **with Taylor** |  | **Fit Happens****Boot Camp** **with Taylor** |  | **Fit Happens****Boot Camp** **with Taylor** |
| 9:30 AM |  |  | **Ok Kwan Chi****Dan O’Grady**  | **Ok Kwan Chi****Dan O’Grady** |  |
| 10:00 AM |  | **Senior Fitness****With Taylor** |  | **Senior Fitness****With Taylor** |  |
| 11:00 AM |  | **Chair Volleyball** |  | **Chair Volleyball** |  |
| 5:00PM | **CrossFit****With Paul** | **CrossFit****With Paul** | **CrossFit****With Paul** | **CrossFit****With Paul** | **CrossFit****With Paul** |
| 5:30PM |  | **Yoga** **with Kathy Henslee** |  | **Yoga** **with Kathy Henslee** |  |
| 6:00PM | **CrossFit****With Paul** | **CrossFit****With Paul** | **CrossFit****With Paul** | **CrossFit****With Paul** | **CrossFit****With Paul** |
| 7:30 PM |  | **Hoops with****Logan Crow** |  | **Hoops with** **Logan Crow** |  |