

FE Group Exercise

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10am					Cardio Tone	
9:30 - 10:30	SCULPT		Cardio Tone			The Trio
10:30-11:30	YOGA					
5:45-6pm	Core	Core	Core			
6:00-7pm	ZUMBA	Kickboxing	ZUMBA			
6:00-7pm	The Ride		The Ride			
7:00-8pm		YOGA		POWER YOGA		
7:30-8:30/9						

Childcare Hours

M-F: 8am-12pm

3pm-8pm

Sat: 8am-1pm

Sun:10am-2pm

Gym Hours

M-Th- 24 hours

Open at 4:30am Monday

Friday close at 10

Sat:7-9

Sun:8-9