

Large Group Training Schedule

MON

5:30 am

6:15 am

9:00 am

5:30 pm

6:30 pm

TUE

5:30 PM

6:30 PM

WED

5:30 am

6:15 am

9:00 am

5:30 PM

6:30 PM

THU

5:30 am

6:15 am

5:30 pm

6:30 pm

FRI

5:30 am

6:15 am

9:00 am

5:00 pm

SAT

8:00 am

10:15 am

SUN

8:00 am

10:15 am

