

Fitness on Demand Sept. 17th - Dec. 20th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|-----------------|---|---|------------------------------|-------------------------------|------------------------------|----------|--------|--|
| 5:30 - 6:00am | Available 5:30am - 5:45pm | Available 5:30am - 5:45pm | Available 5:30am - 9:00pm | Available 5:30am - 4:00pm | Available 5:30am - 7:00pm | | | |
| 6:00 - 6:30am | | | | | | | | |
| 6:30 - 7:00am | | | | | | | | |
| 7:00 - 7:30am | | | | | | | | |
| 7:30 - 8:00am | | | | | | | | |
| 8:00 - 8:30am | | | | | | | | |
| 8:30 - 9:00am | | | | | | | | |
| 9:00 - 9:30am | | | | | | | | |
| 9:30 - 10:00am | | | | | | | | |
| 10:00 - 10:30am | | | | | | | | |
| 10:30 - 11:00am | | | | | | | | |
| 11:00 - 11:30am | | | | | | | | |
| 11:30 - 12:00pm | | | | | | | | |
| 12:00 - 12:30pm | | | | | | | | |
| 12:30 - 1:00pm | | | | | | | | |
| 1:00 - 1:30pm | | | | | | | | |
| 1:30 - 2:00pm | | | | | | | | |
| 2:00 - 2:30pm | | | | | | | | |
| 2:30 - 3:00pm | | | | | | | | |
| 3:00 - 3:30pm | | | | | | | | |
| 3:30 - 4:00pm | | | | | | | | |
| 4:00 - 4:30pm | | | | | | | | |
| 4:30 - 5:00pm | | | | | | | | |
| 5:00 - 5:30pm | | | | | | | | |
| 5:30 - 6:00pm | Tumbling & Gymnastics 5:45 - 6:45 | Tumbling & Gymnastics 5:45 - 7:15 | | Ballet/Jazz 4:00 - 5:00pm | | | | |
| 6:00 - 6:30pm | | | | Available 5:00 - 6:30pm | | | | |
| 6:30 - 7:00pm | | | | Aerobics Class 6:45 - 7:15 | | | | |
| 7:00 - 7:30pm | | | | | | | | |
| 7:30 - 8:00pm | Available 6:45 - 9:00 | Available 7:15 - 9:00pm | | Available 7:15 - 9:00pm | | | | |
| 8:00 - 8:30pm | | | | | | | | |
| 8:30 - 9:00pm | | | | | | | | |