

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	3:15-3:45 Workout Buddies Ages 3-4	3:15-3:45 Workout Buddies Ages 3-4				Birthday Parties, Private Sessions, and family events.
4:45-5:30 Training Session	3:45-4:30 Box Builders Ages 4-6	3:45-4:30 Training Session	3:45-4:30 Training Session	3:45- 4:30 Training Session	630-830am Open Rock Wall	
5:30-6:15 Training Session	4:30-5:30 Ninja Warrior Ages 7-10	4:30-5:30 Box Builders Ages 5-8	4:45-5:30 Four@4 class Ages 4-6	4:30-5:30 Box Builders Ages 12-16	830-9:30 Training Session	
6:15-7:00 Training Session	5:30-6:30 Box Builders Ages 7-11	5:30-6:30 Training Session Ages 9-15	5:30-6:30 Ninja Warrior Ages 8-12	5:30-6:30 Rock & Rope Ages 7-11	9:45-10:45 Mom's Express	
7:00-8:00 Monday Meet Up's	6:30-7:30 Rock & Rope Ages 12-16	6:45-7:45 Zumba Adult 17+	6:45-7:45 Dad & Me	6:45-8:15 Family Open Gym	11:15-12:15 Ninja Warrior Ages 5-8	
	7:30-8:30 Open Rock Wall				12:30-1:30 Rock&Rope Ages 7-11	
					1:45 -2:45pm Box Builders Ages 5-8	
					2:45- 3:45 Training Session	
					4:00-4:45 Four @ 4 Ages: 4	
					5:30-6:30 Box Builders Ages 8-12	
					6:30-7:30 Fit Club Adult 17+	