

Functional Training Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	StrengthFIIT Dan 5am - 6am		StrengthFIIT Dan 5am - 6am		StrengthFIIT Dan 5am - 6am		
6:00 AM	StrengthFIIT Dan 5am - 6am	StrengthFIIT Dan 5am - 6am	StrengthFIIT Dan 5am - 6am	StrengthFIIT Dan 5am - 6am	StrengthFIIT Dan 5am - 6am		
7:00 AM							
8:00 AM						FIIT 30 Elizabeth 8:30am - 9am	
9:00 AM	StrengthFIIT Dan 9am - 10am	StrengthFIIT Beginner / Dan 9am - 10am	StrengthFIIT Dan 9am - 10am	StrengthFIIT Beginner / Dan 9am - 10am	StrengthFIIT Dan 9am - 10am	StrengthFIIT Elizabeth 9am - 10am	
10:00 AM	FIIT 30 Dan 10am - 10:30am		FIIT 30 Dan 10am - 10:30am		FIIT 30 Dan 10am - 10:30am	KG Workshop 10am - 11am	
11:00 AM	TeenFIIT Dan 10:30am-11:30am		TeenFIIT Dan 10:30am-11:30am		TeenFIIT Dan 10:30am-11:30am		
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:30pm							
5:30pm	StrengthFIIT Elizabeth 5:30pm - 6:30pm	Power Lifting Beginner / Reed 5:30pm-6:30pm	StrengthFIIT Elizabeth 5:30pm - 6:30pm	Power Lifting Reed 5:30pm-6:30pm	StrengthFIIT ALL / Elizabeth 6pm - 7pm		
6:30 PM	StrengthFIIT Beginner /Elizabeth 6:30pm - 7:30pm	Olympic Lifting Beginner / Reed 6:30pm-7:30pm	StrengthFIIT Beginner /Elizabeth 6:30pm - 7:30pm	Power Lifting Reed 6:30pm-7:30pm			
7:30 PM							
9:00 PM							
10:00 PM							
11:00 PM							

Revised 7.13.18
