

Functional Training Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	FIIT Class Elizabeth 5am - 6am		FIIT Class Elizabeth 5am - 6am		FIIT Class Elizabeth 5am - 6am		
6:00 AM	FIIT Class Elizabeth 6am - 7am	FIIT Class Bryan 6am - 7am	FIIT Class Elizabeth 5am - 6am	FIIT Class Bryan 6am - 7am	FIIT Class Elizabeth 5am - 6am		
7:00 AM	Open Gym Elizabeth 7am-8am	Open Gym Bryan 7am-8am	Open Gym Elizabeth 7am-8am	Open Gym Bryan 7am-8am	Open Gym Elizabeth 7am-8am		
9:00 AM	FIIT Class Bryan 9am - 10am	FIIT Class Elizabeth 9am - 10am	FIIT Class Bryan 9am - 10am	FIIT Class Elizabeth 9am - 10am	FIIT Class Bryan 9am - 10am	FIIT Class Elizabeth 9am - 10am	
10:00 AM	FIIT Class Bryan 10am - 11am	Open Gym Elizabeth 10am-11am	FIIT Class Bryan 10am - 11am	Open Gym Elizabeth 10am-11am	FIIT Class Bryan 10am - 11am		
11:00 AM	Open Gym Bryan 11am-12pm		Open Gym Bryan 11am-12pm		Open Gym Bryan 11am-12pm		
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:30pm	Teen Fit Lesha 4:30pm-5:30pm		Teen Fit Lesha 4:30pm-5:30pm		Teen Fit Lesha 4:30pm-5:30pm		
5:30pm	FIIT Class Lesha 5:30pm-6:30pm	FIIT Class Bryan 5:30pm-6:30pm	FIIT Class Lesha 5:30pm-6:30pm	FIIT Class Lesha 5:30pm-6:30pm	FIIT Class Lesha 6pm-7pm		
6:30 PM	FIIT Class Lesha 6:30pm-7:30pm	GF Strength Club Bryan 6:30pm-7:30pm	FIIT Class Lesha 6:30pm-7:30pm	GF Strength Club Lesha 6:30pm-7:30pm			
7:30 PM							
9:00 PM							
10:00 PM							
11:00 PM							

THIS SCHEDULE CHANGE IS EFFECTIVE January 16th!

Yellow

Private **FIIT Classes** are a part of the the GF Strength Training Program: YOUR FIRST CLASS IS FREE!

Brown

Private **Strength Club** Classes are a part of the GF Strength Training Progaam: YOUR FIRST CLASS IS FREE!

Orange

Private **Teen Fit** Classes are a part of the GF Strength Training Program