

# MATTED ROOM SCHEDULE

revised 2.1.19

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	THRIVE 5:00am-6:00am	THRIVE 5:30am-6:30am	THRIVE 5:00am-6:00am	THRIVE 5:30am-6:30am	THRIVE 5:00am-6:00am		
6:00 AM	THRIVE 6:00am-7:00am	THRIVE 6:30am-7:30am	THRIVE 6:00am-7:00am	THRIVE 6:30am-7:30am	THRIVE 6:00am-7:00am		
7:00 AM	THRIVE 7:00am-8:00am		THRIVE 7:00am -8:00am			THRIVE 7:00am-8:00am	
8:30 AM	THRIVE 8:30am-9:30am		THRIVE 8:30am-9:30am		THRIVE 8:30am-9:30am	THRIVE 8:00am-9:00am	
9:30 AM	THRIVE 9:30am-10:30am		THRIVE 9:30am-10:30am		THRIVE 9:30am-10:30am	THRIVE 9:00am-10:00am	
10:30 AM							
12:00PM - 4:00PM							BOXING Colin 2:00pm-4:00pm
4:30 PM	Wing Tsun 4:15pm-5:15pm						
5:30 PM	THRIVE 5:30pm-6:30pm	THRIVE 5:30pm-7:00pm	THRIVE 5:30pm-6:30pm	THRIVE 5:30pm-6:30pm	THRIVE 5:30pm-6:30pm		
6:30 PM	BOXING Colin 6:30pm-7:30pm	AIKIDO Geoff 7:00pm-8:15pm	BOXING Colin 6:30pm-7:30pm	Kickbox Bag Andrea 6:30pm-7:30pm	BOXING Colin 6:30pm-7:30pm		Kickbox Bag Andrea 5pm-6pm
8:00 PM							
9:00 PM							
10:00 PM							
11:00 PM							

Reserved dates: Feb 3rd and 10th from 6:15pm-7:15pm