

# Matted Room Schedule *at GFD Sport*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	<b>THRIVE</b> 5:00-6:00am	<b>THRIVE</b>	<b>THRIVE</b> 5:00-6:00am	<b>THRIVE</b>	<b>THRIVE</b> 5:00-6:00am		
6am	<b>THRIVE</b> 6:00-7:00am	5:30-6:30am	<b>THRIVE</b> 6:00-7:00am	5:30-6:30am	<b>THRIVE</b> 6:00-7:00am		
7am	<b>THRIVE</b> 7:00-8:00am		<b>THRIVE</b> 7:00-8:00am			<b>THRIVE</b> 7-8am	
8:30am	<b>THRIVE</b> 8:30-9:30am		<b>THRIVE</b> 8:30-9:30am		<b>THRIVE</b> 8:30-9:30am	<b>THRIVE</b> 8-7am	
9:30am	<b>THRIVE</b> 9:30-10:30am		<b>THRIVE</b> 9:30-10:30am		<b>THRIVE</b> 9:30-10:30am	<b>THRIVE</b> 9-10am	
12pm							
2pm							<b>Boxing</b> Colin 2-4pm
4pm							
5:30pm	<b>THRIVE</b> 5:30-6:30pm	<b>THRIVE</b> 5:30-6:30pm	<b>THRIVE</b> 5:30-6:30pm	<b>THRIVE</b> 5:30-6:30pm	<b>THRIVE</b> 5:30-6:30pm		<b>KickboxBag</b> Andrea 5-6pm
7pm		<b>Aikido</b> Geoff 7-8:15pm		<b>Aikido</b> Geoff 6:30-7:30pm			
8pm	<b>Boxing</b> Colin 7:30-9pm	<b>Boxing</b> Colin 8:15-9:15pm	<b>Karate</b> Tony 8-9pm 1st Wed/mo	Colin 7:30-9pm			
9pm							
10pm							
11pm							

**Blue** classes are a **paid program**. Check with the front desk for more info and how to sign up!

**Green** classes are a **paid program**. Check with the front desk for more info and how to sign up!

**Yellow** classes are a **paid program**. Check with the front desk for more info and how to sign up!

**Red** classes are **FREE** with your membership. Try it out!