

Matted Room Schedule *at GFD Sport*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5am	THRIVE Lori 5-6am		THRIVE Amy 5-6am		THRIVE Brenna 5-6am		
6am	THRIVE Lori 6-7am	5:30-6:30am	THRIVE Amy 6-7am	5:30-6:30am	THRIVE Lori 6-7am		
7am							THRIVE Lori 7-8am
8:30am	THRIVE Lori 8:30-9:30am		THRIVE Lori 8:30-9:30am		THRIVE Lori 8:30-9:30am		
9:30am	THRIVE Amy 9:30-10:30am		THRIVE Amy 9:30-10:30am		THRIVE Amy 9:30-10:30am		
12pm							
2pm							
4pm							
5:30pm	THRIVE Amy 5:30-6:30pm	triTRAINED Nick 5:30-6:30pm	THRIVE Amy 5:30-6:30pm	triTRAINED Nick 5:30-6:30pm	THRIVE Amy 5:30-6:30pm		
7pm		Aikido Geoff 7-8:15pm					
8pm	Boxing Colin 7:30-9pm	Boxing Colin 8:15-9:15pm	Karate Tony 8-9pm 1st Wed/mo	Boxing 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!

Sunday

Boxing

Colin

2-4pm

KickboxBag

Andrea

5-6pm

