

Matted Room Schedule *at GFD Sport*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	THRIVE 5:00-6:00am		THRIVE 5:00-6:00am		THRIVE 5:00-6:00am		
6am	THRIVE 6:00-7:00am	THRIVE 5:30-6:30am	THRIVE 6:00-7:00am	THRIVE 5:30-6:30am	THRIVE 6:00-7:00am		
7am	THRIVE 7:00-8:00am		THRIVE 7:00-8:00am			THRIVE 7-8am	
8:30am	THRIVE 8:30-9:30am		THRIVE 8:30-9:30am		THRIVE 8:30-9:30am	THRIVE 8-7am	
9:30am	THRIVE 9:30-10:30am		THRIVE 9:30-10:30am		THRIVE 9:30-10:30am	THRIVE 9-10am	
12pm							
2pm							Boxing Colin 2-4pm
4pm							
5:30pm	THRIVE 5:30-6:30pm	THRIVE 5:30-6:30pm	THRIVE 5:30-6:30pm	THRIVE 5:30-6:30pm	THRIVE 5:30-6:30pm		KickboxBag Andrea 5-6pm
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!