



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	GRIT 5:15-6:15am	GRIT 5:15-6:15am	GRIT 5:15-6:15am	GRIT 5:15-6:15am	GRIT CARDIO 5:15-6:15am	Closed	Closed
AM	Open 6:30am	GRIT 6:15-7:15am	Open 6:30am	GRIT 6:15-7:15am	Open 6:30am	Open 7:00am	Closed
AM	Open	Open	Open	Open	Open	Open	Closed
AM	Open	Open	Open	Open	Open	GRIT CARDIO 8:15-9:15am	Closed
AM	Open	HILL TOPPERS 8:15-9:45am	Open	HILL TOPPERS 8:15-9:45am	Open	Open	Closed
AM	CROSS-TRAIN BOOT CAMP 9:15-10:45am	Open	CROSS-TRAIN BOOT CAMP 9:15-10:45am	Open	Open	Open	Closed
AM/PM	Open	TRIM & TONE 10:45-12:15pm	Open	TRIM & TONE 10:45-12:15pm	Open	Open	Open 12:00pm
PM	Open	Open	Open	Open	Open	Open	Open
PM	LIFESTYLE 360 11:45-1:15pm	Open	LIFESTYLE 360 11:45-1:15pm	Open	Open	Open	Open
PM	Open	Open	Open	Open	Open	Open	Open
PM	TRX BODY BLAST 4:45-6:15pm	BOXING FOR FITNESS 5:15-6:30pm	TRX BODY BLAST 4:45-6:00pm	BOXING FOR FITNESS 5:15-6:30pm	Open	Closed @ 4:30pm	
PM	Open	MARINE TRAINING GROUP 6:30-7:30pm	Open	Open	Open	Closed	Closed
PM	Closed @ 8:30pm	Closed @ 8:30pm	Closed @ 8:30pm	Closed @ 8:30pm	Closed @ 7:30pm	Closed	Closed

TRAINING CENTER SCHEDULE: APRIL - JUNE 2022