



FULL-TIME TRAINING SCHEDULE

MONDAY 12:30-2:30pm · 4:30-6:30pm
Fitness 8-9am
Class/Study Hall 9:30-12pm

TUESDAY 12:30-2:30pm · 4:30-6:30pm
Fitness 8-9am
Class/Study Hall 9:30-12pm

WEDNESDAY 4:30-6:30pm
Fitness 8-9am
Class/Study Hall 9:30-12pm

THURSDAY 12:30-2:30pm · 4:30-6:30pm
Fitness 8-9am

FRIDAY 9-11am
Yoga 11:45am-12:45pm

SATURDAY 9-11am

SUMMER TRAINING SCHEDULE

MONDAY 10am-12:30pm · 2:30-4:30pm

TUESDAY 10am-12:30pm · 2:30-4:30pm
Yoga 5-5:30pm

WEDNESDAY 10am-12:30pm

THURSDAY 10am-12:30pm · 2:30-4:30pm
Yoga 5-5:30pm

FRIDAY 8-10am

SATURDAY 9-11am

*Fitness times subject to change throughout the year.