

Monday

Class		Instructor	Time
FAST	Lift Pull	Eliie	10:00 AM - 11:00 AM

Tuesday

Class		Instructor	Time
Aerobics	Functional Flexibility	Mark	8:00 AM - 9:00 AM
FAST	Lift-Full Body	Mike	10:00 AM - 11:00 AM
	Lift-Full Body	Mike	12:00 PM - 1:00 PM
	Lift-Full Body	Mike	5:00 PM - 6:00 PM
	Lift-Full Body	Chris	7:00 PM - 8:00 PM

Thursday

Class		Instructor	Time
FAST	Endure	Mike	10:00 AM - 11:00 AM
	Endure	Mike	12:00 PM - 1:00 PM
	Endure	Mike	5:00 PM - 6:00 PM
	Endure	Chris	7:00 PM - 8:00 PM

Friday

Class		Instructor	Time
FAST	Lift Push	Eliie	10:00 AM - 11:00 AM

Saturday

Class		Instructor	Time
FAST	Full Body	Chris	10:30 AM - 11:30 AM