

Daily Schedule: Little Room

Opening Time 6:00 AM

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 AM	Urban Fitness	Urban Fitness	Urban Fitness	Urban Fitness	Urban Fitness		
6:30 AM	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training		
7:00 AM						Urban Fitness	
7:30 AM						Personal Training	
8:00 AM						Urban Fitness	
8:30 AM						Personal Training	
9:00 AM		50+ LBTs	Urban Fitness			Urban Fitness	Kickboxing
9:30 AM		9.15-10.00am	Personal Training	Toddler Sense	50+ Aerobics	Personal Training	9.00-10.00am
10:00 AM			Urban Fitness	9.30-10.20am	9.45-10.30am	Urban Fitness	
10:30 AM	Baby Gym	Toddler Sense	Personal Training			Personal Training	Learn to Lift
11:00 AM	10.30-11.30am	10.45-11.35am	Urban Fitness			Urban Fitness	10.15-11.15
11:30 AM	Personal Training		Personal Training	Baby Gym		Personal Training	Learn to Lift
12:00 PM	Urban Fitness			11.30-12.30pm		Urban Fitness	11.30-12.30
12:30 PM	Personal Training					Personal Training	
1:00 PM	Urban Fitness	Meditation			Baby Gym		Baby Gym
1:30 PM	Personal Training	1.05-1.55pm			1.00-2.00pm		1.00-2.00pm
2:00 PM	Urban Fitness			Pilates			
2:30 PM	Personal Training	Baby Gym		1.45-2.45pm			
3:00 PM	Urban Fitness	2.30-3.20pm					
3:30 PM	Personal Training						
4:00 PM	Urban Fitness	Urban Fitness	Urban Fitness	Urban Fitness			
4:30 PM	Personal Training	Personal Training	Personal Training	Personal Training			

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:00 PM	Urban Fitness	Urban Fitness	Urban Fitness	Urban Fitness			
5:30 PM	Personal Training	Personal Training	Personal Training	Personal Training			
6:00 PM	Vinyasa Flow	Urban Fitness	Urban Fitness				
6:30 PM	6.00-7.00pm	Personal Training	Personal Training				Hatha Yoga
7:00 PM		Vinyasa Flow	Kickboxing	Vinyasa Flow			6.30-7.30pm
7:30 PM		7.00-8.00pm	7.00-8.00pm	7.00-8.00pm			
8:00 PM							
8:30 PM	Kickboxing HIIT						