

Weekly Class Schedule Effective 9/1/2018

	MON	TUES	WED	THUR	FRIDAY	SAT
6:00am	SWT		SWT		SWT	
7:00am			SWT		SWT	
8:00am	SWT	SWT				SWT
9:00am	Fundamental Fitness (60+)		SWT		SWT	Youth Class
12:00pm						
3:00pm						
4:00pm	Youth Class			Youth Class		
6:00pm	SWT			SWT		