

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	Boot Camp	<i>OPEN GYM</i>	Boot Camp	<i>OPEN GYM</i>	Boot Camp	
5:30 AM		<i>OPEN GYM</i>		<i>OPEN GYM</i>		
6:00 AM		GRIT FIT		GRIT FIT		
7:00 AM						Boot Camp
8:30 AM	Boot Camp		Boot Camp		Boot Camp	
9:00 AM		<i>OPEN GYM</i> <i>9am-2pm</i>		GRIT FIT		
11AM-2PM	<i>OPEN GYM</i>	Lunch Express @ 12	<i>OPEN GYM</i>	Lunch Express @ 12		
4:15PM-7PM	Kiddie Corner \$2	Kiddie Corner \$2	Kiddie Corner \$2	Kiddie Corner \$2		
4:30 PM	Boot Camp		Boot Camp			
5:15 PM		GRIT FIT		GRIT FIT		
6:00 PM	MONDAY MADNESS		GRIT FIT			

GRIT FITNESS & WELLNESS