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| Day | **Monday** | | | **Tuesday** | | | **Wednesday** | | | **Thursday** | | **Friday** | | | **Saturday** | | **Sunday** | |
| **Box** | **Orange** | **Green** | | **Orange** | **Green** | | **Orange** | **Green** | | **Orange** | **Green** | **Orange** | **Green** | | **Orange** | **Green** | **Orange** | **Green** |
| **5:30AM** | **Rx**  TJ/CB |  | **BT**ND | **Rx**  ND/CB |  | **BT** AF | **Rx**  TJ/CB |  | **BT**CB | **Rx**  AC/CG |  | **Rx**  ND/CB |  | **BT**  AF |  |  |  |  |
| **6:00** | **Scaled** CJ/CB | **Scaled** CJ/CB | **Scaled** CM/CJ | **Scaled**  **ND/CG** | **Scaled** CM/CB |
| **6:30** | **Rx**  TJ | **Rx**  ND | **Rx**  TJ | **Rx**  AC | **Rx**  ND |
| **7:00** | **Scaled**  CJ/ND | | **Scaled**  CJ/CB | | **Scaled**  CM/CJ | | **Scaled**  **ND/CG** | **Scaled CM/CB** | |
| **7:30** | **All Levels** TJ | **All Levels**  ND | **All Levels**  TJ | **All Levels**  CJ | **All Levels**  ND |  |
| **8:00** |  | |  | |  | |  |  | | **All Levels** ND | **BT**  CG |
| **8:30** |  |  |  |  |  |  |
| **9:00** | **All Levels** TJ/CG |  | |  | **All Levels** CJ/AF | | **All Levels** TJ/CB | |  | **All Levels**  CJ/AF |  | **All Levels**  ND | | **Rx**  ND | **All Levels** AC |
| **9:30** | **Scaled** CM/CG |
| **10:00** |  |  | |  |  | |  |  | |  |  |  |  | | **Rx**  ND | **Yoga**  SS | **All Levels** AC |
| **10:30** | **Scaled** CM/CG |
| **11:00** | **Scaled**  TJ/CG |  | |  | **Scaled**  CM/AF | |  | **Scaled**  **CB/CG** | |  | **Scaled** CJ/CM |  | **Scaled**  CJ/ND | | **Rx**  ND |  | **All Levels**  CH |
| **11:30** |  |

**AM Schedule**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Day | **Monday** | | | | | **Tuesday** | | | **Wednesday** | | | | | **Thursday** | | | | **Friday** | | | **Saturday** | | | **Sunday** | | |
| **Box** | **Orange** | **Green** | | | | **Orange** | **Green** | | **Orange** | **Green** | | | | **Orange** | | **Green** | | **Orange** | **Green** | | **Orange** | **Green** | | **O** | **Green** | |
| **12:00**  **PM** | **All Levels** TJ | **BT**  CG | | | |  | **All Levels** CM | **BT** AF |  | **All Levels** CB | | **BT**  CG | |  | | **All Levels** CJ/CM | |  | **All Levels** CJ | **BT**  ND | **Free Intro**  CM/ND | **Open Gym**  CG | |  | **All Levels** CH | |
| **1:00** |  |  | | | |  |  | |  |  | | | |  | |  | |  |  | |  | **Open Gym**  CM/ND | |  | |
| **1:30** |
| **2:00** |  |  | | | |  |  |  | | | |  |  | **All Levels**  ND/CM | |
| **2:30** |
| **3:00** |  |  | | | |  |  |  | | | |  | **All Levels**  CM | |
| **3:30** |  | | | |  | |  |  | | | | **All Levels** CM/CB |  | |
| **4:00** |  | **Open Gym**  CB | | **All Levels** CJ/CB | |  | **All Levels**  ND/CB | |  | **All Levels**  CJ/CM | | | |  | **Open**  **Gym**  CG | | **All Levels** TJ/CG | **All Levels**  CJ/AF | |  | |
| **4:30** | **All Levels** ND | **All Levels** CJ | **All Levels** TJ | **All Levels**  ND | **Rx**  CM |
| **5:00** | **Scaled**  CJ/AF | | **BT**  CB | | **Scaled** ND/CG/ CM | **BT** CB | **Scaled**  CJ/CM | | **BT**  AF | | **Scaled**  TJ/CG/CM | | | **Scaled** CJ/MH/CB | **BT**  AF |  |  | |
| **5:30** | **Rx**  ND/AF | **Rx**  CJ/CB | **Rx**  TJ/AF | **Rx**  ND/CG | **Rx**  CM/CB |
| **6:00** | **Scaled**  CJ/AF/HB | | **BT**  CB | | **Scaled** CM/JA/ CB/CG | **BT** ND | **Scaled**  CM/CJ/JS | | **BT**  AF | | **Scaled**  TJ/CG/EP/CM | | | **Scaled** MH/CJ/CB | **BT**  AF |  |
| **6:30** | **Rx**  ND/AF | **Rx**  CJ/CB | **Rx**  TJ/AF | **Rx**  ND/CG |  |
| **7:00** | **All Levels**  HB/CJ | **BT**AF | | **Mobility** CB | **All Levels**  JA/CM/CB | **BT**ND | **All Levels** JS/CM | **BT**AF | | **Mobility** CJ | **All Levels** TJ/EP | | **Intro Class**  CM/CG | **All**  **Levels** CM/CB | **All Levels**  CJ/CB | **BT**  AF |  |  | | | | |
| **7:30** | **All Levels** ND/CJ |  | **All Levels** CJ/CB | **All Levels** TJ/CM |  | **All Levels**  ND/CG |  |  | | | | |
| **8:00** |  | | | |  | |  | | | |  | | |  |  | |  |  |  | | |