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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** |  |  |  |  |   |  |  |   |   |