



OCTOBER 2023

CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		MAP CLASS		MAP CLASS			
6:30							
7:00							
7:30							
8:00	MAP CLASS	MAP CLASS	MAP CLASS	MAP CLASS	MAP CLASS		
8:30							
9:00						MAP CLASS	
9:30	MAP CLASS	MAP CLASS	MAP CLASS	MAP CLASS	MAP CLASS		
10:00							
10:30							
11:00							
11:30							
12:00	MAP CLASS	TRX MASTER CLASS	MAP CLASS	TRX MASTER CLASS	MAP CLASS		
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30	ATHLETE CLASS	ATHLETE CLASS	ATHLETE CLASS	ATHLETE CLASS			
6:00							
6:30	MAP CLASS	MAP CLASS	MAP CLASS	MAP CLASS			
7:00							
7:30							
8:00							
8:30							

• SCHEDULE SUBJECT TO CHANGE •