

# THE HUB CLASS SCHEDULES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	5am - 6am BOOTCAMP				5am -6am BOOTCAMP		
5:30am							
6am							
6:30am							
7am							
7:30am							
8am							
8:30am							
9am	HYROX INTRO 30 min			9:30am- 10:15am PILATES	HYROX INTRO 30 min		
9:30am	HYROX Format				HYROX Format		
10am							
10:30am	10:45: AC 30 min Active Recovery				10:45: AC 30 min Active Recovery		
11am							
11:30am							
12pm	12:15pm - 12:45pm TRX		12:15pm - 12:45pm TRX		12:15pm - 12:45pm TRX Core & More		
12:30pm							
1pm							
1:30pm							
2pm							
2:30pm							
3pm							
3:30pm							
4pm		Youth Functional Fit Class 4-4:45pm					
4:30pm							
5pm	(room closes for set up at 5:15) 5:30pm - 6:15pm Strength Circuits	HYROX 4:45-6pm					
5:30pm							
6pm							
6:30-8:30	Must clear area by 8:30pm M-TH, 6:30 Friday, 4:30 Saturday, 2:30 Sunday						

\* Members are free to use during open times

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