THE HUB CLASS SCHEDULE

	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				9:30am-10:15am PILATES		11/14 HYROX FOUNDATIONS OPEN HOUSE 9am-10:30am	
9:30am							
10am							
10:30am							
11am							
11:30am							
12pm	12:15pm - 12:45pm Advanced TRX		12:15pm - 12:45pm Advanced TRX		12:15pm - 12:45pm Advanced TRX Core & More		
12:30pm							
1pm							
1:30pm							
2pm							
2:30pm							
3pm							
3:30pm							
4pm							
4:30pm		STINGRAYS 4:30-6			STINGRAYS 4:30-6		
5pm	5:30pm - 6:30pm Strength Circuits						
5:30pm							
6pm							
6:30-8:30	WATCH FOR FALL HYROX PROGRAMMING!						

* Members are free to use room during open times *MEMBERS must put all equipment away

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