

Labor Day Hours

September 5th, 2022

CLUB 7:00AM - 4:00PM

POOL 7:30AM - 4:00PM*

*Recreation Pool & Waterslide open @ 10:00AM.

NURSERY 8:30AM - 12:00PM

No
Arena
Kids

Group Ex Schedule

8:00 AM

Cycle 45 with Tim

Cycle Studio

9:00 AM

Aqua Combo Class with Shaunna

Rec pool - Mix of strength and cardio

9:00 AM

Interval Land Class with Kim

Studio 1 - Mix of strength and cardio

10:00 AM

Zumba with Candace

Studio 1

Smoothie Bar
12:00 - 3:30PM

2030 Fast Track Office - Closed
Sports Factory - No Training Sessions



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