














































# FITNESS SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
6:30 AM			 Bootcamp Group Fitness Room				
7:15 AM			 RUN GROUP		 RUN GROUP		
8:15 AM							
8:30 AM							
9:30 AM							
10:15 AM							
12:30 PM		 Kickboxing				 Kickboxing	
1:15 PM			 AVE FIT		 AVE FIT		
2:30 PM				<i>the lift project</i>			
4:15 PM							
4:30 PM		 RUN GROUP	 RUN GROUP	 RUN GROUP	 RUN GROUP		
5:30 PM							
6:30 PM		 Stretch & Relaxation	 Stretch & Relaxation	 Stretch & Relaxation	 Stretch & Relaxation		
7:15 PM							



## Hours

Monday - Thursday:  
5:00 am - 12:00 am

Friday - Sunday:  
5:00 am - 9:00 pm

Run Group:  
Meet at Cancro  
Fitness Complex