

## Fitwize Circuit Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN.
9:00 - 9:30							S P E C I A L  E V E N T S
9:30 - 10:00							
10:00 - 10:30						O P E N  S C H E D U L E	
10:30 - 11:00							
11:00 - 11:30							
11:30 - 12N							
12N - 12:30							
12:30 - 1:00							
1:00 - 1:30							
1:30 - 2:00							
2:00 - 2:30					O P E N  S C H E D U L E		
2:30 - 3:00							
3:00 - 3:30	<b>Youth I</b> 8 yrs & under	<b>Youth II*</b> 8 yrs & under	<b>Youth I</b> 8 yrs & under	<b>Youth II*</b> 8 yrs & under			
3:30 - 4:00							
4:00 - 4:30	<b>Junior I</b> 8-11 yrs.	<b>Junior II*</b> 8-11 yrs.	<b>Junior I</b> 8-11 yrs.	<b>Junior II*</b> 8-11 yrs.			
4:30 - 5:00							
5:00 - 5:30	<b>Pre-Teen II*</b> 9-13 yrs.	<b>Pre-Teen I</b> 9-13 yrs.	<b>Pre-Teen II*</b> 9-13 yrs.	<b>Pre-Teen I</b> 9-13 yrs.			
5:30 - 6:00							
6:00 - 6:30	<b>Teen I</b> 11-15 yrs.	<b>Teen II*</b> 11-15 yrs.	<b>Teen I</b> 11-15 yrs.	<b>Teen II*</b> 11-15 yrs.			
6:30 - 7:00							
7:00 - 7:30			<b>Open Class</b> All ages				
7:30 - 8:00							

*Note: All classes have a structured work-out for 45 minutes, the additional 15 minutes is for free-time*

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*\* Invitation is required for these class*