

FITNESS CLASSES



WEEKLY SCHEDULE

MONDAYS

7am-8am-Climbers Yoga

6-7pm-Adult Parkour COMING IN SEPTEMBER

6:30-8pm-Mondays with Marc*

TUESDAYS

6:30-7:30pm-CST Climbing Supplemental Training

WEDNESDAYS

7am-8am-Climbers Yoga

5:30-7pm-Silks

THURSDAYS

6:30-7:30pm-CST Climbing Supplemental Training

FRIDAYS

2:30-4pm-Silks

5:30-7pm-Silks

**Free Session to all members and day pass holders // When schedule allows*