

Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:00								
9:30		Training 09:30 - 10:30	Training 09:30 - 10:30	Training 09:30 - 10:30	Training 09:30 - 10:30			
10:00						Training 10:00 - 11:00	Training 10:00 - 11:00	
10:30		Open Gym 10:30 - 11:30	Open Gym 10:30 - 11:30	Open Gym 10:30 - 11:30	Open Gym 10:30 - 11:30			
11:00						Open Gym 11:00 - 12:00	Open Gym** 11:00 - 12:00	
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18:00		Training 18:00 - 19:00	Training 18:00 - 19:00	Training 18:00 - 19:00	Training 18:00 - 19:00			
18:30								
19:00		Open Gym 19:00 - 20:00	Open Gym 19:00 - 20:00		Kick Boksing 19:15 - 21:00			
19:30				Training 19:15 - 20:15				
20:00		Training 20:00 - 21:00	Training 20:00 - 21:00					
20:30								
21:00								

** SPECIALTY or OLY HOUR is per communicated planing and will not be charged against your membership, on these day's Open Gym will not take place, check Team-Up for the planned dates.