

RABBIT ROOM							
FEB. 9th - MAR. 15th							
	SUN	MON	TUE	WED	THU	FRI	SAT
6:00-6:30am	FACILITY CLOSED						FACILITY CLOSED
6:30-7:00am		Group Spin 6:15-7am	SPIN & TONE 6:15-7:15am	Group Spin 6:15-7am	SPIN & TONE 6:15-7:15am		
7:00-7:30am							
7:30-8:00am							
8:00-8:30am							
8:30-9:00am							
8:30-9:00am		STRENGTH TRAINING 8:30-9:30am		STRENGTH TRAINING 8:30-9:30am			TRX 8-9am
9:00-9:30am							YOUTH FENCING 9:00am - 10:30pm
9:30-10:00am		LOSE TO WIN 9:30-10:30am	STRENGTH TRAINING 9:30-10:30am	LOSE TO WIN 9:30-10:30am	STRENGTH TRAINING 9:30-10:30am	LOSE TO WIN 9:30-10:30am	
10:00-10:30am							
10:30-11:00am							
11:00- 11:30am							TEEN/ADULT FENCING 11:00am - 12:30pm
11:30- 12:00pm							
12:00-12:30pm			TRX 12-1am		TRX 12-1am		
12:30-1:00pm							
1:00-1:30pm							
1:30-2:00pm							
2:00-2:30pm							
2:30-3:00pm							
3:00-3:30pm							
3:30-4:00pm							
4:00-4:30pm							
4:30-5:00pm			ROCK OUT CYCLE 4:30- 5:30pm		ROCK OUT CYCLE 4:30- 5:30pm		
5:00-5:30pm	FACILITY CLOSED						FACILITY CLOSED
5:30-6:00pm		SPIN & TONE 5:30-6:30pm	TOTAL BODY BOOT CAMP 5:30-6:30pm	SPIN & TONE 5:30-6:30pm	TOTAL BODY BOOT CAMP 5:30-6:30pm		
6:00-6:30pm							
6:30-7:00pm		TRX 6:30-7:30pm		TRX 6:30-7:30pm		TEEN/ADULT SPARRING 6:15-8:15pm	
7:00-7:30pm							
7:30-8:00pm							
8:00-8:30pm							
8:30-9:00pm							

***Based on rentals and special programs OPEN TIMES are subject to change daily .**

To register for classes enroll with our front desk or online at fcgov.com/recreator.