

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7AM-8AM: CFT FIT	7AM-8AM: CFT FIT	7AM-8AM: CFT FIT	7AM-8AM: CFT FIT	7AM-8AM: CFT FIT	9AM-10AM: CFT FIT
8AM-9:00AM: OPEN GYM	8AM-9:00AM: OPEN GYM	8AM-9:00AM: OPEN GYM	8AM-9:00AM: OPEN GYM	8AM-9:00AM: OPEN GYM	10AM-11AM:CFT FIT
11AM-12PM: CFT FIT	-	11AM-12PM: CFT FIT	-	11AM-12PM: CFT FIT	
4PM-5PM: OPEN GYM	4PM-5PM: OPEN GYM	4PM-5PM: OPEN GYM	-	4PM-5PM: OPEN GYM	
5PM-6PM: CFT FIT	-	5PM-6PM: CFT FIT	5:30pm - 7:00pm	5PM-6PM: CFT FIT	
6PM-7PM: CFT FIT	6PM-7PM: CFT FIT	6PM-7PM: CFT FIT		6PM-7PM: CFT FIT	
7PM-8PM: CFT FIT	7PM-8PM: CFT FIT	7PM-8PM: CFT FIT	7:30pm - 9:00pm	7PM-8PM: CFT FIT	
8PM-9PM: CFT FIT	8PM-9PM: CFT FIT	8PM-9PM: CFT FIT		-	