



2025 WINTER-SPRING GROUP SCHEDULE



TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM - 7:00AM		NAVY SEALS		NAVY SEALS	NAVY SEALS		
7:00AM - 8:00AM		GRUMPY' OLD MEN		GRUMPY' OLD MEN	GRUMPY' OLD PEOPLE		
8:00AM - 9:00AM	BOXING	ADULT CO-ED	STRENGTH TRAINING	ADULT CO-ED	BOXING		
9:00AM - 10:00AM	ADULT CO-ED		ADULT CO-ED		ADULT CO-ED	ADULT CO-ED	
10:00AM - 11:00AM						ATHLETE CO-ED	
11:00AM - 12:00PM							
5:00PM - 6:00PM	BOXING	ADULT CO-ED		ADULT CO-ED			
5:30PM - 6:30PM			ATHLETE CO-ED				
6:00PM - 7:00PM		ATHLETE CO-ED		ATHLETE CO-ED			
6:30PM - 7:30PM			BASEBALL				