

FIELDHOUSE SCHEDULE - begins 1/7/19

Classes are for 14+ unless otherwise noted

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	CLASS SCHEDULE	OPEN GYM	CLASS SCHEDULE	OPEN GYM	CLASS SCHEDULE	OPEN GYM	CLASS SCHEDULE	OPEN GYM	CLASS SCHEDULE	OPEN GYM	CLASS SCHEDULE	OPEN GYM
6:00AM	FIELDHOUSE FITNESS Spencer		WEIGHT TRAINING Spencer		TRX HIIT & MOBILITY Lindsey		WEIGHT TRAINING Hannah		FIELDHOUSE FITNESS Lindsey			OPEN GYM
7:00AM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM
8:00AM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM
9:00AM	FIELDHOUSE FITNESS Maria		30 HIIT 30 WEIGHTS Rachel		WEIGHT TRAINING Rachelle		FIELDHOUSE FITNESS Rachel		FIELDHOUSE FITNESS Hannah	OPEN GYM	FIELDHOUSE FITNESS Spencer	
10:00AM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM
11:00AM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM
12:00PM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM
1:00PM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM
2:00PM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM
3:00PM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM
4:00PM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM
5:00PM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM
6:00PM	TRX PLUS Elise		OLYMPIC STYLE WEIGHT LIFTING Mike	OPEN GYM	FIELDHOUSE FITNESS Lexie		OLYMPIC STYLE WEIGHT LIFTING Mike	OPEN GYM		OPEN GYM		OPEN GYM
7:00PM	WEIGHT TRAINING Elise		MRT Bill		WEIGHT TRAINING Jenessa		MRT Bill			OPEN GYM		OPEN GYM
8:00PM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM
9:00PM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM
10:00PM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM
11:00PM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM

THE FIELDHOUSE | Located at the Peaks Ice Arena (100 N Seven Peaks Blvd). Classes included with the Triple Play Membership