

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00 am	CLOSED AVAILABLE FOR BIRTHDAY PARTIES/ PRIVATE TRAINING CLOSED	VITALITY BOOTCAMP 5:00 – 6:00		VITALITY BOOTCAMP 5:00 – 6:00		VITALITY BOOTCAMP 5:00 – 6:00		
6:00 am		VITALITY BOOTCAMP 6:00 – 7:00		VITALITY BOOTCAMP 6:00 – 7:00		VITALITY BOOTCAMP 6:00 – 7:00		
7:00 am								
8:00 am		VITALITY BOOTCAMP 8:00 – 9:00		VITALITY BOOTCAMP 8:00 – 9:00		VITALITY BOOTCAMP 8:00 – 9:00		OBSTACLE FUSION 8:00 – 9:00
9:00 am								OBSTACLE FUSION 9:00 – 10:00
10:00 am			VITALITY BOOTCAMP 10:00 – 11:00		VITALITY BOOTCAMP 10:00 – 11:00		KID NINJA 10:30 – 11:30	
11:00 am							ADULT FREESTYLE 11:30 – 2:00	
12:00 pm								
1:00 pm								
2:00 pm								
3:00 pm			KID/ADULT FREESTYLE 3:00 – 4:30	KID/ADULT FREESTYLE 3:00 – 4:30	KID/ADULT FREESTYLE 3:00 – 6:00	KID/ADULT FREESTYLE 3:00 – 4:30	KID/ADULT FREESTYLE 3:00 – 4:30	AVAILABLE FOR BIRTHDAY PARTIES/ PRIVATE TRAINING
4:00 pm		KID NINJA 4:30 – 5:30	KID NINJA 4:30 – 5:30	KID NINJA 4:30 – 5:30		KID NINJA 4:30 – 5:30	KID NINJA 4:30 – 5:30	
5:00 pm								
6:00 pm		VITALITY CONDITIONING 6:00 – 7:00	VITALITY STRENGTH 6:00 – 7:00	VITALITY SGX/ OBSTACLE FUSION 6:00 – 8:00	VITALITY STRENGTH 6:00 – 7:00	VITALITY CONDITIONING 6:00 – 7:00		
7:00 pm	ADULT FREESTYLE/ NINJA NIGHT 7:00 – 10:00	YOGA 7:00 – 8:00	TEEN NINJA WARRIOR/ TRAINING TEAM 7:00 – 8:00		ADULT FREESTYLE/ STUDENT NIGHT 7:00 – 10:00			
8:00 pm		ADULT FREESTYLE 8:00 – 10:00	ADULT FREESTYLE 7:00 – 10:00	ADULT FREESTYLE 8:00 – 10:00				
9:00 pm								
10:00 pm								

Available for private training outside of regularly scheduled classes. Please contact Jordan at jt vitality@gmail.com for more details