

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00 am	<b>CLOSED</b>	<b>VITALITY BOOTCAMP</b> 5:00 – 6:00		<b>VITALITY BOOTCAMP</b> 5:00 – 6:00		<b>VITALITY BOOTCAMP</b> 5:00 – 6:00		
6:00 am		<b>VITALITY BOOTCAMP</b> 6:00 – 7:00		<b>VITALITY BOOTCAMP</b> 6:00 – 7:00		<b>VITALITY BOOTCAMP</b> 6:00 – 7:00		
7:00 am								
8:00 am		<b>VITALITY BOOTCAMP</b> 8:00 – 9:00		<b>VITALITY BOOTCAMP</b> 8:00 – 9:00		<b>VITALITY BOOTCAMP</b> 8:00 – 9:00	<b>OBSTACLE FUSION</b> 8:00 – 9:00	
9:00 am							<b>OBSTACLE FUSION</b> 9:00 – 10:00	
10:00 am			<b>VITALITY BOOTCAMP</b> 10:00 – 11:00		<b>VITALITY BOOTCAMP</b> 10:00 – 11:00		<b>KID NINJA</b> 10:30 – 11:30 <i>MIN. AGE 5</i>	
11:00 am							<b>ADULT FREESTYLE</b> 11:30 – 2:00	
12:00 pm		<b>AVAILABLE FOR BIRTHDAY PARTIES/ PRIVATE TRAINING</b>						
1:00 pm								
2:00 pm								
3:00 pm	<b>KID/ADULT FREESTYLE</b> 3:00 – 4:30		<b>KID/ADULT FREESTYLE</b> 3:00 – 4:30	<b>KID/ADULT FREESTYLE</b> 3:00 – 6:00	<b>KID/ADULT FREESTYLE</b> 3:00 – 4:30	<b>KID/ADULT FREESTYLE</b> 3:00 – 4:30		
4:00 pm	<b>KID NINJA</b> 4:30 – 5:30 <i>MIN. AGE 5</i>		<b>KID NINJA</b> 4:30 – 5:30 <i>MIN. AGE 5</i>		<b>KID NINJA</b> 4:30 – 5:30 <i>MIN. AGE 5</i>	<b>KID NINJA</b> 4:30 – 5:30 <i>MIN. AGE 5</i>		
5:00 pm			<b>KID NINJA</b> 5:30 – 6:30 <i>MIN. AGE 9</i>		<b>KID NINJA</b> 5:30 – 6:30 <i>MIN. AGE 9</i>			
6:00 pm	<b>VITALITY CONDITIONING</b> 6:00 – 7:00		<b>VITALITY STRENGTH</b> 6:00 – 7:00	<b>VITALITY SGX/ OBSTACLE FUSION</b> 6:00 – 8:00	<b>VITALITY STRENGTH</b> 6:00 – 7:00	<b>VITALITY CONDITIONING</b> 6:00 – 7:00	<b>AVAILABLE FOR BIRTHDAY PARTIES/ PRIVATE TRAINING</b>	
7:00 pm	<b>ADULT NINJA</b> 7:00 – 8:00 <i>MIN. AGE 16</i>		<b>TEEN NINJA WARRIOR/ TRAINING TEAM</b> 7:00 – 8:00		<b>TEEN NINJA WARRIOR/ TRAINING TEAM</b> 7:00 – 8:00	<b>ADULT FREESTYLE/ STUDENT NIGHT</b> 7:00 – 10:00		
8:00 pm	<b>ADULT FREESTYLE</b> 7:00 – 10:00		<b>ADULT FREESTYLE</b> 8:00 – 10:00	<b>ADULT FREESTYLE</b> 7:00 – 10:00	<b>ADULT FREESTYLE</b> 8:00 – 10:00			
9:00 pm								
10:00 pm								

Available for private training outside of regularly scheduled classes. Please contact Jordan at [jtvitality@gmail.com](mailto:jtvitality@gmail.com) for more details