

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

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