

# HWC GYM SCHEDULE



Activity Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:00 AM	Closed		TribeCore Tony 530a-630a	TRX 5:45-6:30	TribeCore Tony 530a-630a	TRX 5:45-6:30	Closed		
6:00 AM		TRX 5:45-6:30							
7:00 AM	Closed						Family Fitness 10a - 2p (Half Court Play Only)		
8:00 AM									
9:00 AM		TRX 830a-930a	TribeLife Emily 830a-930a	HEAT 830a-930a	TribeLife Emily 830a-930a				
10:00 AM		TribeLife Sam 930a-1030a	TribeCore Sam 930a - 1030a	TribeLife Sam 930a-1030a	TribeCore Sam 930a - 1030a				
11:00 AM									
12:00 PM			TRX 12p-1p		TRX 12p-1p				
1:00 PM									
2:00 PM		Family Fitness 2-6	TribeFit 145p - 3p	TribeCore 145p - 310p	TribeFit 145p - 3p	TribeCore 145p - 310p		TribeFit 145p - 3p	
3:00 PM		(Half Court Play Only)							
4:00 PM			TribeLife Emily 415p-530p		TribeLife Emily 415p-530p				
5:00 PM	Open Play								
6:00 PM			HIIT 60 CLASS 535p-630p		HIIT 60 CLASS 535p-630p				
7:00 PM	Closed		TribeFit Emily 640p-745p	TribeFit Emily 640p-745p	TribeFit Emily 640p-745p	Family Fitness 7p-830p (Half-Court Play Only)	Closed		
8:00 PM									
9:00 PM									

Schedule is Subject to Change: Schedule Begins 3/28/18

OPEN PLAY COLOR