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|---------|---|---|---|---|---|---|---|
| Morning | 6:00am-6:45am  STRONG | 6:00am-6:45am  HARDCORE | 6:00am-6:45am  Lean+Fit | 6:00am-6:45am  STRONG | 6:00am-6:45am  Lean+Fit | | |
| | 7:00am-9:00am One on One Training | | | | | 8:00am-8:45am  ACTIVATE | |
| | 9:30am-10:15am  STRONG | 9:30am-10:15am  HARDCORE | 9:30am-10:15am  Lean+Fit | 9:30am-10:15am  STRONG | 9:30am-10:15am  Lean+Fit | 9:00am- 9:45am  HARDCORE | 9:00am- 9:45am  ACTIVATE |
| | | | | | | 10:00am-10:45am  HARDCORE | 10:00am-10:45am  ACTIVATE |
| | | | | | | | |
| LUNCH | 11:30am-12:15pm  STRONG | 11:30am-12:15pm  HARDCORE | 11:30am-12:15pm  Lean+Fit | 11:30am-12:15pm  STRONG | 11:30am-12:15pm  Lean+Fit | 11:00am-11:45am  TLAFJR (Ages 10-15) | 11:00am-11:45am  ACTIVATE |
| | 12:15pm-1:00pm  STRONG | 12:15pm-1:00pm  HARDCORE | 12:15pm-1:00pm  Lean+Fit | 12:15pm-1:00pm  STRONG | 12:15pm-1:00pm  Lean+Fit | | |
| | 1:00pm-4:00pm One on One Personal Training/ Corporate Programs | | | | | | |
| EVENING | 4:30pm-5:15pm  STRONG | | 4:30pm-5:15pm  Lean+Fit | | 4:30pm-5:15pm  Lean+Fit | | |
| | 5:30pm-6:15pm  STRONG | 5:00pm-5:45pm  Lean+Fit | 5:30pm-6:15pm  Lean+Fit | 5:00pm-5:45pm  Lean+Fit | 5:30pm-6:15pm  Lean+Fit | | |
| | 6:30pm-7:15pm  STRONG | 6:00pm-6:45pm  HARDCORE | 6:30pm-7:15pm  Lean+Fit | 6:00pm-6:45pm  STRONG | | | |

ONE ON ONE PERSONAL TRAINING AVAILABLE ALL DAY