

WAYMO Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	5:30 am	5:30 am	5:30 am	5:30 am	8:30 am	
9 am	9 am	9 am	9 am	9 am	11 am	
11 am		11 am		11 am		1:15 pm
12:15 pm	12 pm	12:15 pm	12 pm	12:15 pm		
4:30 pm	4:30 pm	4:30 pm	4:30 pm	4:30 pm		
5:30 pm	5:30 pm	5:30 pm	5:30 pm			

AMP Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 am	9 am	9 am	9 am	9 am	9:15 am	
12 pm	12 pm		12 pm	12 pm		
		5 pm				

GRIT Schedule

U = Upstairs Training Room session will be GRIT CARDIO and/or STRENGTH

S = Small Studio Session will be GRIT ATHLETIC, CARDIO, and/or STRENGTH

L = Large Studio Session will be GRIT ATHLETIC, CARDIO, and/or STRENGTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am - U	5:30am - S	5:30am - U	5:30am - S			
8:30am - S	8:30am - S		8:30am - S			
		12pm - S				
5:15pm - U			5:30pm - L			