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GROUP SESSION SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM	9:00 AM
10:00	7:00	7:00	7:00	7:00	7:00	10:00
11:00	9:00	9:00	9:00	9:00	9:00	11:00
12:00 PM	10:00	10:00	10:00	10:00	10:00	12:00 PM
	5:00 PM	5:00 PM	5:00 PM	5:00 PM	5:00 PM	
	6:00	6:00	6:00	6:00	6:00	
	7:00	7:00	7:00	7:00		

Classes do fill, PLEASE call ahead to check availability AND RESERVE YOUR SPOT

Holiday Hours: Open at 9, 10 and 11am.