



## FITNESS WEEKLY AT THE HIDEOUT

### HOURS OF OPERATION

M: 9:30AM - 8PM

T-SUN: 8AM - 8:30PM

	MORNINGS	EVENINGS
M	Open Gym 9:30AM	Open Gym PM
T	Open Gym 8:00AM	Open Gym PM
W	Power Yoga 8:30AM	Boot Camp 6:00PM Pilates 7:00PM
T	Beginner Yoga 8:30AM	Water Aerobics 6:00PM Strong Body Xtreme (SBX) 7:00PM Relaxation Yoga 8:00PM
F	Power Yoga 8:30AM Water Aerobics 11:00AM	Open Gym PM
S	Dance Party 9:00AM Water Aerobics 9:00AM Relaxation Yoga 9:00AM	Pilates 12:00
S	Relaxation Yoga 9:30AM Rumble 10:30AM	Power Yoga 12:30PM