group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday (all p)
Xtreme	7:30-9:30pm (W)	7:30-9:30(W)	7:45-9:30pm (P)	6:30-8:30pm(W)	off	6-7:50am(v)	7:15-9:15am
Strength			7-7:40pm(P)			8-8:40am(V)	
Senior	7-9pm (V)	7:15-9pm (V)	7:45-9:15pm(P)	7:15-9pm(V)	off	7:15-9am(v)	8:15-10am
Strength		6:30-7:05pm (V)		6:30-7:05pm (V)			
Blue	6:30-8:15p (w)	6:30-8:15pm(w)	6:30-8:15pm(w)	6-7:30pm(V)	6:30-7:45pm(w)	off	9:30-11am
Gold	5:45-7:15pm(v)	5:45-7:15pm(V)	5:45-7:15pm(v)	off	5:45-7:15pm(v)	off	9:30-11am
Silver	5:45-6:40pm(v)	off	5:45-6:40pm(v)	off	5:45-6:40pm(v)	off	10-10:50am
Green	off	5:45-6:15pm(v)	off	5:45-6:15pm(v)	off	off	9:30-10am
Masters		5:30-7am(V)		5:30-7am(V)			6:30-7:45am