

**OLYMPIA GROUP FITNESS UPPER ROOM**  
**MORNING & AFTERNOON CLASSES**

| <b>MONDAY</b>         | <b>TUESDAY</b>           | <b>WEDNESDAY</b>         | <b>THURSDAY</b>                 | <b>FRIDAY</b>         | <b>SATURDAY</b> |
|-----------------------|--------------------------|--------------------------|---------------------------------|-----------------------|-----------------|
|                       |                          | 9:45 – 10:45 AM<br>ZUMBA |                                 | 9:45-10:45AM<br>ZUMBA |                 |
|                       | 10:00-11:00 AM<br>ZUMBA® |                          | 10:00 -11:00 AM<br>BARRE ABOVE™ |                       |                 |
| 11:00-12:30PM<br>YOGA |                          | 11:00-12:30PM<br>YOGA    |                                 | 11:00-12:00PM<br>YOGA |                 |

**EVENING CLASSES**

|  |                                  |  |   |                             |  |
|--|----------------------------------|--|---|-----------------------------|--|
|  | 4:45-5:45PM<br>FLOW YOGA<br>ZOOM |  | 4:45-5:45PM<br>MINDFUL FLOW<br>YOGA<br>ZOOM |                             |  |
|  |                                  |  |   | 5:30-6:30PM<br>YOGA STRETCH |  |

**NURSERY HOURS**

**MORNINGS - MONDAY – FRIDAY 8:00AM – 12:00PM**  
**SATURDAY – 8:30AM – 12:00PM**  
**EVENINGS - MONDAY – THURSDAY 4:30PM – 8:00PM**  
**FRIDAY – 5:15PM – 7:15PM**

**MAIN BUILDING HOURS**

**MONDAY – THURSDAY 5:30AM – 10:00PM**  
**FRIDAY 5:30AM – 9:00PM**  
**SATURDAY 8:00AM – 7:00PM**  
**SUNDAY 12:00PM – 7:00PM**

**LOWER BUILDING IS OPEN 24/7**