

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:45-10:45AM ZUMBA		9:45-10:45AM ZUMBA	
	10:00-11:00AM ZUMBA®		10:00-11:00AM BARRE ABOVE™		
11:30-12:30PM YOGA		11:00-12:30PM YOGA		11:00-12:00PM YOGA	11:30-12:30PM YOGA MIX

EVENING CLASSES

	4:45-5:45PM FLOW YOGA ZOOM		4:45-5:45PM MINDFUL FLOW YOGA ZOOM		
				5:30-6:30PM YOGA CHILL	

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