



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Open 5:00am	Open 5:00am	Open 5:00am	Open 5:00am	Open 5:00am	Closed	Closed
AM	Open	Open	Open	Open	Open	Closed	Closed
AM	AFTERBURN 5:15-6:30am	AFTERBURN 5:15-6:30am	AFTERBURN 5:15-6:30am	AFTERBURN 5:15-6:30am	Open	Closed	Closed
AM	AFTERBURN 6:30-7:30am	AFTERBURN 6:30-7:30am	AFTERBURN 6:30-7:30am	AFTERBURN 6:30-7:30am	Open	Open 7:00am	Closed
AM	Open	Open	Open	Open	Open	Open	Closed
AM	AFTERBURN 9:10am- 10:15am	Open	AFTERBURN 9:10am- 10:15am	Open	Open	Open	Closed
AM/PM	AFTERBURN 11:45am- 12:50pm	Open	AFTERBURN 11:45am- 12:50pm	Open	AFTERBURN 11:45am- 12:50pm	Open	Closed
PM	Open	Open	Open	Open	Open	Open	AFTERBURN COACH TRAINING 12:30-1:45pm
PM	Open	Open	Open	Open	Open	Open	Open
PM	Open	Open	Open	Open	Open	Open	Open
PM	OPEN	OPEN	OPEN	OPEN	OPEN	Closed @ 4:45pm	Closed @ 4:45pm
PM	OPEN	OPEN	OPEN	OPEN	Open	Closed	Closed
PM	Closed @ 8:45pm	Closed @ 8:45pm	Closed @ 8:45pm	Closed @ 8:45pm	Closed @ 7:45pm	Closed	Closed

CARDIO LAB SCHEDULE - OCTOBER AND NOVEMBER 2021