



	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	GRIT 5:15-6:15am	GRIT 5:15-6:15am	GRIT 5:15-6:15am	GRIT 5:15-6:15am	GRIT CARDIO 5:15-6:15am	Closed	Closed
AM	GRIT 6:15-7:15am	GRIT 6:15-7:15am	GRIT 6:15-7:15am	GRIT 6:15-7:15am	Open	Open 7:00am	Closed
AM	Open	GRIT 8:45-9:45am	Open	GRIT 8:45-9:45am	Open	GRIT CARDIO 8:15-9:15am	Closed
AM	Open	Open	Open	Open	Open	Open	Closed
PM	Open	Open	Open	Open	Open	Open	Closed
PM	Open	Open	Open	Open	Open	Open	Open 12:00pm
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	
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

FIT EXPRESS SCHEDULE - JULY AND AUGUST 2021