

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>5:45-6:45am Train Wild Core Class (Upstairs)</p> <p>7:00-8:00am Train Wild Core Class (Upstairs)</p> <p>8:15-9:15am Train Wild</p> <p>9:30-10:30am Train Wild</p> <p>10:45am-12pm Open Gym</p>	<p>5:45-6:45am Train Wild</p> <p>6:45-8:00am Power Vinyasa</p> <p>8:15-9:15am Core Class</p> <p>9:30-10:30am Core Class</p> <p>11:00-12:00pm Open Gym</p>	<p>5:45-6:45am Train Wild Core Class (Upstairs)</p> <p>7:00-8:00am Train Wild Core Class (Upstairs)</p> <p>8:15-9:15am Train Wild</p> <p>9:30-10:30am Train Wild</p> <p>10:45am-12pm Open Gym</p>	<p>5:45-6:45am Train Wild</p> <p>7:00-8:00am Vinyasa Flow</p> <p>9:30-10:30am Core Class</p> <p>11:00-12:00pm Open Gym</p>	<p>5:45-6:45am Train Wild Core Class (Upstairs)</p> <p>7:00-8:00am Train Wild Core Class (Upstairs)</p> <p>8:15-9:15am Train Wild</p> <p>9:30-10:30am Train Wild</p> <p>10:45am-12pm Open Gym</p>	<p>7:45-8:45am Train Wild</p> <p>9:00-10:00am Train Wild</p> <p>10:15-11:15am Train Wild</p>	<p>7:45-8:45am Yoga Detour</p> <p>9:00-10:00am Core Class</p>
<p>12:00-1:00pm Train Wild</p> <p>1:00-2:15pm Open Gym</p> <p>5:00-6:00pm Core Class (Upstairs) 4Flow (Downstairs)</p> <p>6:15-7:15pm Mobility (Upstairs) 4Flow (Downstairs)</p> <p>7:30-8:30pm Rings and Things</p>	<p>12:00-1:00pm Train Wild</p> <p>3:45-4:45pm Athletic Foundations (Ages 10-16)</p> <p>5:00-6:00pm Yoga Detour</p> <p>6:15-7:15pm Performance Strength</p> <p>7:30-8:30pm Vin/Yin Yoga</p>	<p>12:00-1:00pm Train Wild</p> <p>1:00-2:15pm Open Gym</p> <p>5:00-6:00pm 4Flow</p> <p>6:15-7:15pm 4Flow</p> <p>7:30-8:15 Foundation Training (Upstairs) Series Sold Separately</p> <p>7:30-8:30pm Stretch Therapy</p>	<p>12:00-1:00pm Train Wild</p> <p>12:00-12:45pm Foundation Training (Upstairs) Series Sold Separately</p> <p>5:00-6:00pm Performance Strength</p> <p>6:15-7:15pm Performance Strength</p> <p>7:30-8:30pm Rings and Things</p>	<p>12:00-1:00pm Mobility (Upstairs)</p> <p>12:00-1:00pm Train Wild</p> <p>1:00-2:15pm Open Gym</p> <p>5:15-6:15pm HIIT</p> <p>6:30-7:30pm Yin Yoga</p>		<p>3:30-4:45pm Prenatal Yoga 4-Wk Series (Sold Separately)</p> <p>6:00-7:00pm Stretch Therapy</p>
<p>WILD LIFE GYM. Fall 2023</p> 						