



# FLOOR SCHEDULE

5198 Riding Club Ln.  
Columbus, OH 43213  
614-861-6303

MON	TUE	WED	THU	FRI	SAT	SUN
<p><u>6AM - 7AM</u> <b>FUNCTIONAL TRAINING</b></p>	<p><u>6AM - 7AM</u> <b>FUNCTIONAL TRAINING</b></p> <p><u>9AM - 10AM</u> <b>CORE STRENGTHENING</b> Jan Wise</p>	<p><u>6AM - 7AM</u> <b>FUNCTIONAL TRAINING</b></p>	<p><u>6AM - 7AM</u> <b>FUNCTIONAL TRAINING</b></p> <p><u>9AM - 10AM</u> <b>CORE STRENGTHENING</b> Jan Wise</p>	<p><u>6AM - 7AM</u> <b>FUNCTIONAL TRAINING</b></p>	<p><u>10AM - 12PM</u> <b>DANCEVERSITY</b> (Additional Fees) Janell Dixon</p>	
<p><u>10:30AM - 11:30AM</u> <b>SILVERSNEAKERS CLASSIC</b> Becky Sonner</p>	<p><u>10:30AM - 11:30AM</u> <b>SILVERSNEAKERS CIRCUIT</b> Becky Sonner</p> <p><u>5:30PM - 6:30PM</u> <b>FUNCTIONAL TRAINING</b></p>		<p><u>10:30AM - 11:30AM</u> <b>SILVERSNEAKERS CLASSIC</b> Becky Sonner</p> <p><u>5:30PM - 6:30PM</u> <b>FUNCTIONAL TRAINING</b></p> <p><u>6PM - 8PM</u> <b>DANCEVERSITY</b> (Additional Fees) Janell Dixon</p>	<p><u>5:30PM - 6:30PM</u> <b>FUNCTIONAL TRAINING</b></p>		