

# F45 TRAINING SCHEDULE — SPRING 2023

ALL CLASSES ARE 45 MINUTES LONG. SATURDAY CLASSES ARE 60 MINUTES LONG.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 a.m.	5:45 a.m.	5:45 a.m.	5:45 a.m.	5:45 a.m.	10:15 a.m.	3:30 p.m.
6:45 a.m.	6:45 a.m.	6:45 a.m.	6:45 a.m.	6:45 a.m.	11:30 a.m.	6:00 p.m.
8:00 a.m.	8:00 a.m.	8:00 a.m.	8:00 a.m.	9:00 a.m.		
9:00 a.m.	10:15 a.m.	9:00 a.m.	10:15 a.m.	10:15 a.m.		
10:15 a.m.	12:15 p.m.	10:15 a.m.	12:15 p.m.	11:15 a.m.		
11:15 a.m.	4:45 p.m.	1:30 p.m.	2:45 p.m.	1:30 p.m.		
1:30 p.m.	5:45 p.m.	2:45 p.m.	4:45 p.m.			
2:45 p.m.		4:45 p.m.				
4:45 p.m.		5:45 p.m.				
5:45 p.m.						