



1401 S. Circle Ave., Forest Park, IL

Program Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	Warrior Workout		Warrior Workout Group Cycling		Warrior Workout	
6:15am	Warrior Workout		Warrior Workout		Warrior Workout	Group Outdoor Ride
9:00 am	Warrior Workout		Warrior Workout		Warrior Workout	Warrior workout
4:00pm			Kidfit		Kidfit	
6:00pm			Indoor Cycling			
7:00pm	Warrior Workout	Warrior Workout	Warrior Workout	Warrior Workout		
8:00pm		Advanced WW		Advanced WW		