



1401 S. Circle Ave., Forest Park, IL  
**Fall 2009 Program Calendar**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	Warrior Workout		Warrior Workout		Warrior Workout	
6:15am	Warrior Workout		Warrior Workout	Yoga	Warrior Workout	
8: 00 am						Group Cycling Spinning/Interval/Long rides (bring own bike)
9:00 am	Warrior Workout		Warrior Workout		Warrior Workout	Warrior Workout
5:15	Kidfit (45min)			Kidfit (45min)		
6:00pm	Warrior Workout					
7:00pm	Yoga	Warrior Workout	Warrior Workout	Warrior Workout		
8:00pm		Advanced WW		Advanced WW		