

Valeo FIT schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:30		Start Fit		Advanced Fit	TRX		
6:30 - 7:00		w/Tony		w/Tony	w/Tony		
7:00 - 7:30	TRX	Return to Fit	Start Fit	Return to Fit	Stretch & Flex		
7:30 - 8:00	w/Tony	Return to Fit	w/Tony	Return to Fit	w/Vince		
8:00 - 8:30		Open Gym	Open Gym	Open Gym	Open Gym		
8:30 - 9:00	Spine Fit	Daily WOW	Daily WOW	Daily WOW	Daily WOW		
9:00 - 9:30	w/Vince						
9:30 - 10:00		Private Training		Private Training			
10:00 - 10:30	Adult Fit	w/Nishal		w/Nishal	Adult Fit		
10:30 - 11:00	w/Vince	Open Gym		Open Gym	w/Vince		
11:00 - 11:30	Open Gym	Daily WOW		Daily WOW	Open Gym		
11:30 - 12:00	Daily WOW						
12:00 - 12:30	Lunch Fitness	Lunch Fitness	Lunch Fitness	Lunch Fitness	Lunch Fitness		
12:30 - 1:00	w/Vince	w/Nishal	w/Nishal	w/Nishal	w/Vince		
1:00 - 1:30		Open Gym	Open Gym	Open Gym			
1:30 - 2:00	Balance/Fall Pre	Daily WOW	Daily WOW	Daily WOW			
2:00 - 2:30	w/Vince	W - workout					
2:30 - 3:00		O - on					
3:00 - 3:30		W - whiteboard					
3:30 - 4:00	Stretch & Flex			Stretch & Flex			
4:00 - 4:30	w/Vince			w/Vince			
4:30 - 5:00	Return to Fit		Return to Fit				
5:00 - 5:30	w/Vince		w/Vince				
5:30 - 6:00	Inter/Ad Fitness	Run Strong	Inter/Ad Fitness	Run Strong			
6:00 - 6:30	w/Vince	w/Vince		w/Vince			
6:30 - 7:00	Sports Perform	Open Gym		Sports Perform			
7:00 - 7:30	Baseball	Daily WOW	TRX	Baseball			
7:30 - 8:00	Private Training		w/Tony	Private Training			
8:00 - 9:00							