

AEROBIC FITNESS ROOM

	11/23/2009	11/24/2009	11/25/2009	11/26/2009	11/27/2009	11/28/2009	11/29/2009	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:30- 8:00AM	Cardio Room Open	FITLINXX APPOINTMENTS AVAILABLE Climbing Wall Closed	Cardio Room Open	FITLINXX APPOINTMENTS AVAILABLE Climbing Wall Closed	Closed for Thanksgiving	Closed for Thanksgiving	Closed for Thanksgiving	7:30- 8:00AM
8:00-8:30AM								8:00-8:30AM
8:30-9:00AM								8:30-9:00AM
9:00-9:30AM								9:00-9:30AM
9:30-10:00AM								9:30-10:00AM
10:00-10:30AM								10:00-10:30AM
10:30-11:00AM								10:30-11:00AM
11:00-11:30AM								11:00-11:30AM
11:30-12:00PM								11:30-12:00PM
12:00-12:30PM								12:00-12:30PM
12:30-1:00PM								12:30-1:00PM
1:00-1:30PM								1:00-1:30PM
1:30-2:00PM		1:30-2:00PM						
2:00-2:30PM		2:00-2:30PM						
2:30-3:00PM		2:30-3:00PM						
3:00-3:30PM		3:00-3:30PM						
3:30-4:00PM		3:30-4:00PM						
4:00-4:30PM		4:00-4:30PM						
4:30-5:00PM		4:30-5:00PM						
5:00-5:30PM		5:00-5:30PM						
5:30-6:00PM		5:30-6:00PM						
6:00-6:30PM	6:00-6:30PM							
6:30-7:00PM	6:30-7:00PM							
7:00-7:30PM	7:00-7:30PM							
7:30-8:00PM	7:30-8:00PM							
8:00-8:30PM	8:00-8:30PM							
8:30-9:00PM	8:30-9:00PM							
9:00-9:30PM	9:00-9:30PM							
9:30-10:00PM	9:30-10:00PM							
10:00-10:30PM	10:00-10:30PM							
10:30-11:00PM	10:30-11:00PM							