



# CCAC Elevation Studio Schedule



## TRIBE Season 3 Schedule (April 23-June 8)

| Time                       | Monday            | Tuesday           | Wednesday          | Thursday              | Friday            | Saturday       | Sunday |
|----------------------------|-------------------|-------------------|--------------------|-----------------------|-------------------|----------------|--------|
| 5:30am-6:00am              | FIT-BEN           |                   | FIT-BEN            |                       |                   |                |        |
| 6:00am-6:30am              |                   | LIFE-KIM          |                    | LIFE-KIM              | FIT CLUB-Omar     |                |        |
| 6:30am-7:00am              |                   |                   |                    |                       |                   |                |        |
| 7:00am-7:30am              |                   |                   | KETTLE BELLS-ROBYN |                       |                   |                |        |
| 7:30am-8:00am              | LIFE-OMAR         |                   | LIFE-OMAR          |                       |                   |                |        |
| 8:00am- 8:30am             |                   |                   |                    |                       |                   | FIT CLUB-Omar  |        |
| 8:30am-9:00am              |                   |                   |                    |                       |                   |                |        |
| 9:00am-9:30am              | FIT-BEN           |                   | CORE-BEN           | FIT-BEN               | CORE-BEN          | FIT CLUB-9:15A |        |
| 9:30am-10:00am             |                   |                   |                    |                       |                   |                |        |
| 10:00am-10:30am            | LIFE-KIM          | WOW-ROBYN         | LIFE-KIM           | WOW-ROBYN             | FIT CLUB-Omar     |                |        |
| 10:30am-11:00am            |                   |                   |                    |                       |                   |                |        |
| 11:00am-11:30am            | FIT CLUB-Omar     |                   | FIT CLUB-Omar      |                       |                   |                |        |
| 11:30am-12:00pm            |                   |                   |                    |                       |                   |                |        |
| <b>No Classes (12p-4p)</b> | <b>No Classes</b> | <b>No Classes</b> | <b>No Classes</b>  | <b>No Classes</b>     | <b>No Classes</b> |                |        |
| 4:30pm-5:00pm              |                   |                   |                    | FAST & FIT-AW         |                   |                |        |
| 5:00pm-5:30pm              |                   | FIT CLUB-5:15P    |                    | ALEX'S TRIPLE A CLASS |                   |                |        |
| 5:30pm-6:00pm              |                   |                   |                    |                       |                   |                |        |
| 6:00pm-6:30pm              | FIT-ANTHONY       |                   | FIT-ANTHONY        |                       |                   |                |        |
| 6:30pm-7:00pm              |                   | KRAV MAGA         |                    | KRAV MAGA             |                   |                |        |
| 7:00pm-7:30pm              |                   |                   |                    |                       |                   |                |        |

**\*\*ALL GROUPS use the MYZONE Heart Rate Strap, see a trainer for details**

**\*\*\*Group Training fees apply**  
 TRIBE Trial Week (Jan 15-21)

|