

THURSDAY, MARCH 22 - 10AM TO 6PM

| START TIME | SPINNING® AREA | QUEENAX® FUNCTIONAL AREA |
|--------------------------------------|----------------|-----------------------------|
| 10:00 am | | Ignite |
| 10:30 am | SPINPower® | Superfunctional STACKS |
| 11:00 am | | Queenax Functional Training |
| 11:30 am | | Superfunctional Move |
| 12:00 pm | SPINPower® | AntiGravity® Fitness |
| 12:30 pm | | Assault Fitness |
| 1:00 pm | | Queenax Functional Training |
| 1:30 pm | SPINPower® | 4D PRO Bungee Fitness |
| 2:00 pm | | Queenax Elite |
| 2:30 pm | | Assault Fitness |
| 3:00 pm | | Queenax Functional Training |
| 3:30 pm | SPINPower® | 4D PRO Bungee Fitness |
| 4:00PM TO 6:00PM - PRECOR HAPPY HOUR | | |

*Schedule subject to change. ©2018 Precor Incorporated.

FRIDAY, MARCH 23 - 6:30AM to 5:00PM

| START TIME | SPINNING® AREA | QUEENAX® FUNCTIONAL AREA |
|------------|----------------|--------------------------|
| 6:30 am | SPINPower® | Ignite |
| 7:00 am | SPINPower® | Ignite |
| 7:30 am | SPINPower® | Ignite |
| 8:00 am | SPINPower® | Ignite |

8:30AM TO 10:00AM BREAK

| | | |
|----------|------------|-----------------------------|
| 10:00 am | | Ignite |
| 10:30 am | SPINPower® | Superfunctional STACKS |
| 11:00 am | | Queenax Functional Training |
| 11:30 am | | Queenax Elite |
| 12:00 pm | SPINPower® | AntiGravity® Fitness |
| 12:30 pm | | Assault Fitness |
| 1:00 pm | | Queenax Functional Training |
| 1:30 pm | SPINPower® | 4D PRO Bungee Fitness |
| 2:00 pm | | Assault Fitness |
| 2:30 pm | | Queenax Functional Training |
| 3:00 pm | SPINPower® | AntiGravity® Fitness |
| 3:30 pm | | Superfunctional Move |
| 4:00 pm | | Queenax Functional Training |
| 4:30 pm | | Open Time |

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