

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB		
6:00am	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB		
7:00am	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	
8:00am	RSX WELCOME SESSION (45 MINS)						
9:00am							
10:00am	RSX MASTERS (STREAM A)	RSX MASTERS (STREAM B)	RSX MASTERS (STREAM A)	RSX MASTERS (STREAM B)	RSX MASTERS (ALL STREAMS)		
11:00am	RSX MASTERS (STREAM C)		RSX MASTERS (STREAM C)				
12:00pm	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB		
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
5:30pm	RSX STRENGTH CLUB	RSX STRENGTH CLUB	PERFORMANCE YOGA	RSX STRENGTH CLUB	RSX STRENGTH CLUB		
6:30pm - 8:00pm							

KEY
RSX WELCOME SESSION: Perfect if you would like to: have a tour of the gym, be shown through Trainerize, learn how everything works, and get comfortable before training independently.
RSX MASTERS – STREAM A: Mon & Wed 10:00am
RSX MASTERS – STREAM B: Tue & Thu 10:00am
RSX MASTERS – STREAM C: Mon & Wed 11:00am ALL STREAMS TOGETHER: Fri 10:00am • Ages 50+
RSX STRENGTH CLUB: Strength-focused sessions with conditioning elements through the week • Ages 18+
PERFORMANCE YOGA: Wed 5:30pm