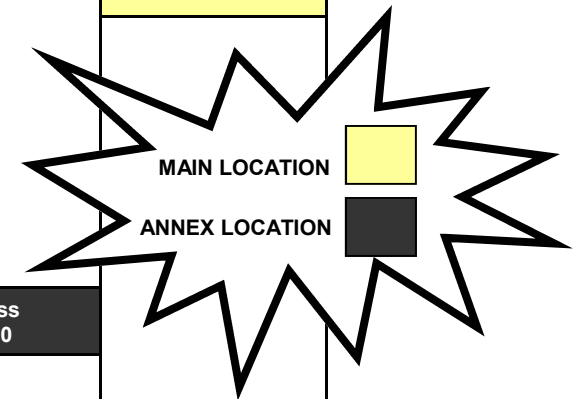


	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00								
6:30		MAX10 Cardio 6:30 to 7:25	MAX10 Strength 6:30 to 7:25	MAX10 Cardio 6:30 to 7:25	MAX10 Strength 6:30 to 7:25	MAX10 Cardio 6:30 to 7:25		
7:00								
7:30								
8:00					Cage Fitness 8:00 to 8:30			MAX Fusion 8:00 to 8:55
8:30								
9:00		MAX10 Cardio 9:00 to 9:55	MAX10 Strength 9:00 to 9:55	MAX10 Cardio 9:00 to 9:55	MAX10 Strength 9:00 to 9:55	MAX10 Cardio 9:00 to 9:55	MAX10 Cardio 9:00 to 9:55	MAX10 Cardio 9:00 to 9:55
9:30								
10:00		Specialty Seminars Please See MKG Office and MAX10 Board For Details	MAX Fusion 10:15 to 11:15		MAX Fusion 10:15 to 11:15		MAX Fusion 10:15 to 11:15	Cage Fitness 9:15 to 9:45
10:30								
11:00								
11:30								
4:00								
4:30		Cage Fitness 4:40 to 5:10	Cage Fitness 4:40 to 5:10	Cage Fitness 4:40 to 5:10	Cage Fitness 4:40 to 5:10			
5:00								
5:30								
6:00		MAX10 Cardio 6:00 to 6:55	MAX10 Strength 6:00 to 6:55	MAX10 Cardio 6:00 to 6:55	MAX10 Strength 6:00 to 6:55	MAX10 Cardio 6:00 to 6:55		
6:30								
7:00			Cage Fitness 7:00 to 7:30		Cage Fitness 7:00 to 7:30			
7:30								
8:00		MAX10 Cardio 8:05 to 9:00	MAX10 Strength 8:05 to 9:00	MAX10 Cardio 8:05 to 9:00	MAX10 Strength 8:05 to 9:00			
8:30								



*Annex is located across the parking lot from Main location