

OCBF Fitness Center

Weekly Fitness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Weights & Cardio Theater (8:00am-9:00pm)	Open Weights & Cardio Theater (8:00am-9:00pm)	Open Weights & Cardio Theater (8:00am-5:00pm)	Open Weights & Cardio Theater (8:00am-9:00pm)	Open Weights & Cardio Theater (8:00am-8:00pm)	Open Weights & Cardio Theater (9:00am-12:00pm)
15 Min Abs Class (5:45pm-6:00pm)	15 Min Abs Class (5:45pm-6:00pm)	Silver Stars Weights (10:00am-11:00am)	15 Min Abs Class (5:45pm-6:00pm)		Step Class or Cardio Mix Class (hiatus)
Step Class (6:00pm-7:00pm)	Step Class (6:00pm-7:00pm)		Step Class or other (6:00pm-7:00pm)		
	Boot Camp Circuit Clusters (7:00pm-8:00pm)				