

# AXIS Training Studio Schedule

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
5:45-6:15am	<b>SGT Foundations</b>		<b>SGT Foundations</b>		<b>SGT Foundations</b>
6:00-6:30am		<b>SGT</b>		<b>SGT</b>	
6:30-7:00am	<b>SGT Pro</b>		<b>SGT Pro</b>		<b>SGT Pro</b>
11:30-12pm		<b>SGT Lunchtime</b>			<b>SGT Lunchtime</b>
11am-12:15pm	<b>Open Gym</b>				
4pm-5:15pm	<b>Open Gym</b>	<b>Open Gym</b>	<b>Open Gym</b>	<b>Open Gym</b>	<b>Open Gym</b>
6:30-7:00pm	<b>SGT Pro</b>	<b>SGT</b>	<b>SGT Pro</b>		<b>SGT</b>
7:15-7:45pm	<b>SGT Foundations</b>	<b>SGT R3</b>	<b>SGT Foundations</b>		