



DESTIN GGX SCHEDULE
Effective APR 20th, 2016

	MON	TUES	WED	THURS	FRI	SAT
5:45 AM			POWER CONDITIONING			
6:00 AM						
8:00 AM		 		 		
8:30 AM	POWER CONDITIONING					
9:00 AM						
9:45 am						
10:00AM					Yoga Ken Roman	
5:30 PM						

Kid's Club:

M-Sat: 8am-11:30am

M-Thur: 4:30pm-7:30pm

Gold's Gym Hours:

Open: Mon-Thurs 4am-11pm, Fri 4am-9pm

Sat: 7am-5pm, Sun: 8am-5pm