

Platinum Fitness East

Cycling Studio

Time	MON	TUE	WED	THUR	FRI	TIME	SAT	SUN
9:30 AM	LES MILLS RPM® 45 min - Cat					8:45 AM	LES MILLS RPM® 60 min - Kim	
6:00 PM				LES MILLS RPM® 45 min - Cat				

Personal Training Cage

Time	MON	TUE	WED	THUR	FRI	TIME	SAT	SUN
5:30 PM	HMT camp Jon	HMT camp Ken				8:15 AM	HMT camp Janae	