

FitLife Program Center Schedule

September 6, 2011 thru June 17, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00 to 6:30 am Open FSF	5:00 am to 9:20 pm Open FSF ↓	5:00 to 6:30 am Open FSF	5:00 am to 9:20 pm Open FSF ↓	5:00 to 6:30 am Open FSF	7:00–10:00 am Open FSF ↓	<p>Sunday building hours:</p> <p>Sept. 4-25, 2011 9 am–1:50 pm</p> <p>Oct, 2 2011–June 17, 2012 9 am–5 pm</p> <p>Open FSF</p>	
6:30 to 7 am Fast-Track		6:30 to 7 am Fast-Track		6:30 to 7 am Fast-Track			6:30 to 7 am Fast-Track
7 to 7:50 am Open FSF		7 to 7:50 am Open FSF		7 to 7:50 am Open FSF			7 to 7:50 am Open FSF
7:50 to 9:00 a.m. Cardiac Rehab		7:50 to 9:00 am Cardiac Rehab		7:50 to 9:00 am Cardiac Rehab	7:50 to 9:00 am Cardiac Rehab		10–11:00 am Diabetes Care Program
9:00 am to 2:30 pm Open FSF		9:00 am to 2:30 pm Open FSF		9:00 am to 2:30 pm Open FSF	9:00 am to 2:30 pm Open FSF		
2:30 to 4:00 pm Lifestyle Management / Cardiac Rehab		2:30 to 4:00 pm Lifestyle Management / Cardiac Rehab		2:30 to 4:00 pm Lifestyle Management / Cardiac Rehab	2:30 to 4:00 pm Lifestyle Management / Cardiac Rehab		2:30 to 4:00 pm Lifestyle Management / Cardiac Rehab
4 to 9:20 pm Open FSF	5:30-6:30 pm Diabetes Care Program	4 to 9:20 pm Open FSF	6:30-7:30 pm Diabetes Care Program	4 to 8:50 pm Open FSF	<p>Saturday building hours:</p> <p>Sept. 10, 17, 24 , 2011 7 am–6 pm</p> <p>Oct. 1, 2011–May 19, 2012 7 am–8:30 pm</p> <p>May 26,–June 16, 2012 7 am–6 pm</p>		
			7:30-9:20 pm Open FSF				