



MONUMENT HEALTH
SPORTS PERFORMANCE INSTITUTE
 POWERED BY EXOS

Effective: October 5, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-5:50a Adult: EXOS Kyle	5:00-5:50a Adult: EXOS Kyle	5:00-5:50a Adult: EXOS Kyle	5:00-5:50a Adult: EXOS Kyle	5:00-5:50a Adult: EXOS Kyle	7:00-7:50a Adult: EXOS EXOS Coach
6:00-6:45a Power Flow Yoga Angela	6:00-6:45a Cycle Fran	6:00-6:45a Power Flow Yoga Angela	6:00-6:45a Cycle Fran	6:00-6:45a Power Flow Yoga Angela	8:00-8:50a Adult: EXOS EXOS Coach
6:00-6:45a Cycle Fran					9:00-10:00a Sports Performance EXOS Coach
6:15-7:05a Adult: EXOS Kyle	6:15-7:05a Adult: EXOS Kyle	6:15-7:05a Adult: EXOS Kyle	6:15-7:05a Adult: EXOS Kyle	6:15-7:05a Adult: EXOS Kyle	
7:15-7:45a Launch Kyle	7:15-7:45a Launch Kyle	7:15-7:45a Launch Kyle	7:15-7:45a Launch Kyle	7:15-7:45a Launch Kyle	
	8:30am-9:15am Full Body Blast- Yoga Jamie	8:45am-9:15am HIIT Cycle Fran	8:30am-9:15am Full Body Blast- Yoga Jamie		
9:15-10:05a Adult: EXOS Kyle	9:15-10:05a Adult: EXOS Kyle	9:15-10:05a Adult: EXOS Kyle	9:15-10:05a Adult: EXOS Kyle	9:15-10:05a Adult: EXOS Kyle	
12:00-12:50p Adult: EXOS Kyle W.	12:00-12:50p Adult: EXOS Kyle W.	12:00-12:50p Adult: EXOS Kyle W.	12:00-12:50p Adult: EXOS Kyle W.	12:00-12:50p Adult: EXOS Kyle W.	
3:45-4:45p Sports Performance Chris	3:45-4:45p Sports Performance Chris	3:45-4:45p Sports Performance Chris	3:45-4:45p Sports Performance Chris	3:45-4:45p Sports Performance Chris	
4:30-5:15p Cycle Fran		4:45-5:30p Full Body Blast- Yoga Jamie			
4:45-5:35p Adult: EXOS Chris	4:45-5:35p Adult: EXOS Chris	4:45-5:35p Adult: EXOS Chris	4:45-5:35p Adult: EXOS Chris	4:45-5:35p Adult: EXOS Chris	
5:30-6:20p Adult: EXOS Kyle W.	5:30-6:20p Adult: EXOS Kyle W.	5:30-6:20p Adult: EXOS Kyle W.	5:30-6:20p Adult: EXOS Kyle W.		
6:00-6:30p EXOS Launch Chris	6:00-6:30p EXOS Launch Chris	6:00-6:30p EXOS Launch Chris	6:00-6:30p EXOS Launch Chris		
6:45-7:45p Sports Performance Chris	6:45-7:45p Sports Performance Chris	6:45-7:45p Sports Performance Chris	6:45-7:45p Sports Performance Chris		