



TRAINING ZONE SCHEDULE

5198 Riding Club Ln.
Columbus, OH 43213
614-861-6303

MON	TUE	WED	THU	FRI	SAT	SUN
<u>5:30AM - 6:30AM</u> CROSS FITNESS (Free)	<u>5:30AM - 6:30AM</u> CROSS FITNESS (Free)	<u>5:30AM - 6:30AM</u> CROSS FITNESS (Free)	<u>5:30AM - 6:30AM</u> CROSS FITNESS (Free)	<u>5:30AM - 6:30AM</u> CROSS FITNESS (Free)	<u>9AM - 10AM</u> CROSS FITNESS (Free)	
					<u>10:15AM - 11:15AM</u> POWER HOUR Mike P. (Additional Fees)	
<u>5:30PM - 6:30PM</u> CROSS FITNESS (Free)	<u>5:30PM - 6:30PM</u> CROSS FITNESS (Free)	<u>5:30PM - 6:30PM</u> CROSS FITNESS (Free)	<u>5:30PM - 6:30PM</u> CROSS FITNESS (Free)			
<u>6:30PM - 7:30PM</u> CLUB OHIO (Private)			<u>6:30PM - 7:30PM</u> CLUB OHIO (Private)			

This schedule should not be mistaken for our hours of operation

Effective 10/31/2023