



# Group Class Schedule



Start Time:	Monday	Tuesday	Wednesday	Thursday	Saturday
9:00 a.m.		Lift (60 mins)		Lift (60 mins)	
10:00 a.m.	Sarah's Boot Camp (60 mins)		Sarah's Boot Camp (60 mins)		
11:00 a.m.					<b>Self Defense (1 hour &amp; 30 min)</b>
5:30 p.m.		<b>Boot Camp (60 mins)</b>		<b>Boot Camp (60 mins)</b>	
6:00 p.m.	H.I.I.T. (30 MINS)		H.I.I.T. (30 MINS)		
6:30 p.m.		Yoga (60 mins)		Yoga (60 mins)	
7:00 pm		<b>Self Defense (1 hour &amp; 30 min)</b>			

**Address:** 2137 NW 138<sup>th</sup> St, Oklahoma City, Ok, 73134

**Hours:** Mon-Thurs: 4:45AM-10PM

**Find us on Facebook!**

**Phone:** (405)748-4544

**Friday:** 4:45AM-8PM

**Saturday:** 8AM-7PM

**Sunday:** 11AM-6PM

**Instagram:** @redrockfitness

