


STRETCH & CORE SCHEDULE

IRVING STUDIO/M&M STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M&M STUDIO 5:30AM – 7:30AM	M&M STUDIO 5:30AM – 8:30AM	M&M STUDIO 5:30AM – 8:00AM	M&M STUDIO 5:30AM – 8:00AM	M&M STUDIO 5:30AM – 8:30AM	IRVING STUDIO 7:00AM – 8:00PM	IRVING STUDIO 7:00AM – 8:00PM <small>(Not available 8:30AM-10:15AM effective Nov 19th)</small>
IRVING STUDIO 7:15AM – 8:40AM	IRVING STUDIO 5:30AM – 1:00PM	IRVING STUDIO 7:15AM – 8:15AM	IRVING STUDIO 5:30AM – 1:00PM	IRVING STUDIO 7:15AM – 10:45AM		
IRVING STUDIO 6:30PM – 10:00PM	IRVING STUDIO 6:30PM – 10:00PM	IRVING STUDIO 6:30PM – 10:00PM	IRVING STUDIO 6:30PM – 10:00PM	IRVING STUDIO 6:30PM – 10:00PM		

Mats are available in both Studios.

You are welcome to take equipment to the studios.

Please return all equipment after use.

(This schedule is subject to change to allow for special events and program changes)