

HIGH EXPOSURE ADULT CLASSES & EVENTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Gym times	12-10 pm	12-10 pm	12-10 pm	12-10 pm	12 - 9 pm	10 - 8 pm
Adult classes \$10 members \$30 walk-ins		7:45-9:00 Spartan training	5:30-6:30 Belay Class 6:30-7:30 Introduction to Climbing*	8:15-9:15 Climbing		
Free events, every Friday 6-9 pm					1st Friday: Ladies' Night 2nd Friday: NERF Night 3rd Friday: **Date Night Daycare (kids' drop off) 4th Friday: Gym Showcase	
Private class, \$85 / 60 mins \$45 / 30 mins	by appointment	by appointment	by appointment	by appointment	by appointment	

* First time free for members

**Date Night Camp: \$49 per person, minimum 6 participants, sign up required.