

The RED Zone

Club USA

CLASS SCHEDULE



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30	SG CC	Afterburn (AB)	Foundations (FD)	Afterburn (AB)	SG CC			
6:30	Foundations (FD)	SG CC	Small Group (SG)	SG CC	RZ Express Row	7:00	Small Group (SG)	
7:30	Small Group (SG)	Small Group (SG)	Small Group (SG)			8:00	Afterburn (AB)	
8:30	Small Group (SG)	RZ Express Row		Small Group (SG)	Small Group (SG)	9:00	Foundations (FD)	
9:30	Afterburn (AB)	Foundations (FD)	SG AB	SG FD	SG AB	10:00	Small Group (SG)	Open Gym (OG) 7 AM – 7 PM
10:30	SG CC	Small Group (SG)	Small Group (SG)	RZ Express Row	Foundations (FD)			
11:30	Foundations (FD)	Colorado Competitor (CC)	Small Group (SG)	Open Gym (OG) 11:45-4:15	Colorado Competitor (CC)			
	Open Gym (OG) 12:45-4:15	Closed 12:30-4:30	Open Gym (OG) 12:45-4:15		Open Gym (OG) 12:45-4:15			
4:30	Foundations (FD)	Afterburn (AB)	Foundations (FD)	Afterburn (AB)	Open Gym (OG) 12:45-4:15		Open Gym (OG) 11 AM – 7 PM	
5:30	SG CC	RZ CC	Afterburn (AB)	SG CC				
6:30	Afterburn (AB)	Foundations (FD)	SG CC	Foundations (FD)				
7:45-10:00	Open Gym (OG)	Open Gym (OG)	Open Gym (OG)	Open Gym (OG)				

	Foundations
	Afterburn
	RZ Express
	Small Group
	Colorado Competitor

RED Zone Membership Information: FREE assessment needed for correct placement in program. For more information or to sign up for your assessment, please leave name, phone number and email at the Front Desk. Or Call Program Director Josh Hemann at 303-979-7772 extension 137. Must be 16 years of age to exercise in the RED Zone. Revised 6/17/2014.