

# COMPASS

## Hours & Classes

Monday 6am - 8pm

Tuesday 8:30am - 8pm

Wednesday 6am - 8pm

Thursday 8:30am - 8pm

Friday 6am - 7:30pm

Saturday 8am - 1pm

### **Integrated Athletics Ages 13-18**

Monday - Friday 4pm

### **Integrated Prep Ages 10-13**

Monday - Thursday 4:30pm

### **Child to Champion Ages 7-10**

Monday & Wednesday 5pm

### **Girls Only Ages 10-15**

Tuesday & Thursday 3:30pm

### **Train Smart & Train Smart Express Ages 18+**

Monday Wednesday & Friday 6am & 7:30am

Tuesday Thursday & Saturday 5:15am

### **Stretch Class**

Saturday 8am