

DEKA CLASS SCHEDULE

SEPTEMBER 28-OCTOBER 9, 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6 am DEKA Steve	6 am DEKA Steve		6 am DEKA Steve		
		7 am DEKA Steve	7 am DEKA Steve		7 am DEKA Janelle	
	8 am DEKA Steve		8 am DEKA Steve	8 am DEKA Steve		
10 am DEKA Steve	10 am 55+ DEKA Steve		10 am 55+ DEKA Steve		10 am 55+ DEKA Janelle	10 am DEKA Janelle
12 pm DEKA KIDS Steve	2 pm 55+ DEKA Medardo		2 pm 55+ DEKA Medardo		2 pm 55+ DEKA Janelle	12 pm DEKA KIDS Steve
			5 pm DEKA Janelle			
		6 pm DEKA KIDS Janelle	6 pm DEKA KIDS Janelle	6 pm DEKA KIDS Janelle		
		7 pm DEKA Janelle		7 pm DEKA Janelle		



DEKA Prepare yourself for your next obstacle course race and/or your next DEKA Fit/Strong/Mile competition.

55+ DEKA Specially designed to bring all the DEKA workout benefits to people 55 and over. Build strength, mobility, self-confidence and improve your health and wellness while becoming part of the DEKA community.

DEKA KIDS Designed for those ages 10+ to help develop a life-long love of fitness. It can be a sport on its own, or it can be the perfect strength and conditioning program for young athletes playing any sport. Competitive periodic testing is also available.

The On Your Mark Loft area will be open during DEKA classes, but with limited space for individual member workouts.

***Must register through Mindbody**