



Updated:
08/11/20

WAVE SYSTEM

30-minute High Intensity Workouts

Be warmed up and ready to workout BEFORE your 30 minute start time!

MON – FRI	
Wave	Start time
1	6:15 am
2	7:15 am
3	8:15 am
4	9:30 am

LOCATION FOR ALL WAVES:
Parking Deck - 2nd Level

By reservation only at www.charlottejcc.org/register