



# Berwyn

6342 West Cermak Rd. Berwyn  
 IL, 60402  
 708.788.0010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00am-10:00am <b>TEAM Functional Training</b>	09:00am-10:00am <b>TEAM Functional Training</b>	08:30am-09:30am <b>TEAM Functional Training</b>	08:00am-09:00am <b>Small Group PT</b>	08:30am-09:30am <b>TEAM Functional Training</b>	09:00am-10:00am <b>TEAM Functional Training</b>	
		09:35am-10:35am <b>TEAM Functional Training</b>	9:00am-10:00am <b>TEAM Functional Training</b>	09:30am-10:30am <b>TEAM Functional Training</b>	10:00am-11:00am <b>TEAM Functional Training</b>	
			09:00am-10:00am <b>Small Group PT</b>	10:30am-11:30am <b>Small Group PT</b>	09:00am-10:00am <b>Small Group PT</b>	
			10:00am-11:00am <b>Small Group PT</b>	11:30am-12:30pm <b>Small Group PT</b>		
			11:00am-12:00pm <b>Small Group PT</b>			
	05:30pm-06:30pm <b>TEAM Functional Training</b>	05:30pm-06:30pm <b>TEAM Functional Training</b>	05:30pm-06:30pm <b>TEAM Functional Training</b>	05:00pm-06:00pm <b>TEAM Functional Training</b>		
06:00pm-07:00pm <b>TEAM Functional Training</b>	06:30pm-07:30pm <b>TEAM Functional Training</b>	06:35pm-07:35pm <b>TEAM Functional Training</b>	06:35pm-07:35pm <b>Boxing</b>	06:05pm-07:05pm <b>TEAM Functional Training</b>		

**Club Hours:**

- Mon-Thurs: 5:45am-9pm
- Friday: 5:45am-8pm
- Saturday: 8am-2pm
- Sunday: 8am-2pm

**Playroom Hours:**

**Please call 1-3 hours in advance for playroom appointment, thank you.**

\*Instructors & Classes subject to change Questions / Comments:  
 berwyn@w3body.com