



Zone 4 Schedules

How our schedule works: Show up anytime on any day during Zone 4 schedules shown below and we'll train you for 48-55mins. No stress, no pressure, just convenient and fun!

Ballston Drop In Schedule

- Mon/Wed BETWEEN the hours of 9am to 12:45pm, 5pm to 8pm
- Tues/Thurs BETWEEN the hours of 6:00am to 8:15am, 9am to 11am, 5pm to 8pm
- Saturdays BETWEEN the hours of 8:15am to 11:15am

Brambleton Drop In Schedule

- Mon/Wed BETWEEN the hours of 6am to 7:45am, 8:15am to 11am, 5pm to 8pm
- Tues/Thurs BETWEEN the hours of 6am to 7:45am, 8:15am to 11am, 5pm to 8pm
- Saturdays BETWEEN the hours of 8:15am to 11:15am

Burke Drop In Schedule

- Mon/Wed BETWEEN the hours of 6am to 8:30am, 9am to 11am, 4:30pm to 7:30pm
- Tues/Thurs BETWEEN the hours of 9am to 12:45pm, 5pm to 8pm
- Fridays BETWEEN the hours of 8:30am to 11:30am
- Saturdays BETWEEN the hours of 8:15am to 11:15am

Chesapeake Square Drop In Schedule

- Mon/Wed BETWEEN the hours of 6am to 8:30am, 9am to 11am, 4:30pm to 7:30pm
- Tues/Thurs BETWEEN the hours of 9am to 12:45pm, 5pm to 8pm
- Saturdays BETWEEN the hours of 8:15am to 11:15am

Gainesville Drop In Schedule

- Mon/Wed BETWEEN the hours of 5am to 8am, 8:30am to 10:30am, 5pm to 8pm
- Tues/Thurs BETWEEN the hours of 5am to 7am, 9am to 11:15am, 4:30pm to 7:30pm
- Fridays BETWEEN the hours of 8am to 11am
- Saturdays BETWEEN the hours of 7am to 10am

Greenbrier Drop In Schedule

- Mon/Wed BETWEEN the hours of 6am to 8:30am, 9am to 11am, 4pm to 8pm
- Tues/Thurs BETWEEN the hours of 9am to 11am, 4pm to 8pm
- Saturdays BETWEEN the hours of 8:15am to 11:15am

Kansas City Drop In Schedule

- Mon/Wed BETWEEN the hours of 6am to 8am, 11am to 1pm, 4:30pm to 7:30pm
- Tues/Thurs BETWEEN the hours of 6am to 8am, 11am to 1pm, 4:30pm to 7:30pm
- Saturdays BETWEEN the hours of 8am to 12pm

Lynnhaven/Va Beach Blvd Drop In Schedule

- Mon/Wed BETWEEN the hours of 6am to 8:30am, 9am to 11am, 4:30pm to 7:30pm
- Tues/Thurs BETWEEN the hours of 9am to 12:45pm, 5pm to 8pm
- Saturdays BETWEEN the hours of 8:15am to 11:15am

Newport News Drop In Schedule

- Mon/Wed BETWEEN the hours of 6am to 8:30am, 9am to 11am, 4:30pm to 7:30pm
- Tues/Thurs BETWEEN the hours of 9am to 12:45pm, 5pm to 8pm
- Friday BETWEEN the hours of 6am to 11am
- Saturdays BETWEEN the hours of 8:15am to 11:15am

Norfolk Drop In Schedule

- Mon/Wed BETWEEN the hours of 6am to 8:30am, 9am to 11am, 4:30pm to 7:30pm
- Tues/Thurs BETWEEN the hours of 9am to 12:45pm, 5pm to 8pm
- Saturdays BETWEEN the hours of 8:15am to 11:15am

North Frederick Drop In Schedule

- Mon/Wed BETWEEN the hours of 6am to 7:30am, 9am to 12pm, 5pm to 8pm
- Tues/Thurs BETWEEN the hours of 8:45am to 11:45am, 4:30pm to 8pm
- Saturdays BETWEEN the hours of 8:15am to 11:15am

McLean(Regency) Drop In Schedule

- Mon/Wed BETWEEN the hours of 6:00am to 8:30am, 9:00am to 11am, 4:30pm to 7:30pm
- Tues/Thurs BETWEEN the hours of 6:00am to 8:30am, 9:00am to 11am, 5pm to 8pm
- Friday BETWEEN the hours of 7am to 10am
- Saturdays BETWEEN the hours of 8:15am to 11:15am

Old Town Drop In Schedule

- Mon/Wed BETWEEN the hours of 6am to 8am, 8:30am to 11am, 4:45pm to 7:45pm
- Tues/Thurs BETWEEN the hours of 8:30am to 10:30am, 11am to 1pm, 5pm to 8pm
- Fridays BETWEEN the hours of 6am to 10am
- Saturdays BETWEEN the hours of 8:15am to 11:15am

Skyline Drop In Schedule

- Mon/Wed BETWEEN the hours of 9am to 11am, 11:30 to 1pm, 5pm to 8pm
- Tues/Thurs BETWEEN the hours of 6am to 7:40am, 8:15am to 10:30am, 4:30pm to 7:40pm
- Saturdays BETWEEN the hours of 8:15am to 11:15am

South Frederick Drop In Schedule

- Mon/Wed BETWEEN the hours of 8:30am to 11:30am, 4:30pm to 8pm
- Tues/Thurs BETWEEN the hours of 9:00am to 12pm, 5pm to 8pm
- Saturdays BETWEEN the hours of 8:15am to 11:15am

Stafford Drop In Schedule

- Mon/Wed BETWEEN the hours of 6:00am to 8:15am, 9:00am to 11am, 4:15pm to 8pm
- Tues/Thurs BETWEEN the hours of 6:00am to 8:15am, 9:00am to 11am, 5pm to 8pm
- Friday BETWEEN the hours of 6am to 10am
- Saturdays BETWEEN the hours of 8:15am to 11:15am

Tysons Drop In Schedule

- Mon/Wed BETWEEN the hours of 9:15am to 1pm, 5pm to 8pm
- Tues/Thurs BETWEEN the hours of 6am to 8:30am, 9:30am to 11:30am, 5pm to 8pm
- Friday BETWEEN the hours of 7:15am to 8:15am
- Saturday BETWEEN the hours of 8:15am to 11:15am

Woodbridge Drop In Schedule

- Mon/Wed BETWEEN the hours of 8:30am to 11:30am, 5:45pm to 8pm
- Tues/Thurs BETWEEN the hours of 6am to 9am, 9:30am to 10:30am, 4:45pm to 7:45pm
- Saturday BETWEEN the hours of 8:15am to 11:15am