



Group Schedule

Monday through Friday

1st Group 12:00 pm to 1:00 pm

2nd Group 6:00 pm to 7:00 pm

3rd Group 7:00 pm to 8:00 pm group

All of our groups are open-groups, which means we do not have a waitlist and you are not locked into a particular group day & time. You just need to be sure that you attend the recommended number of groups per week.

This allows for greater flexibility!

Please, arrive early to ensure that you have enough time to sign in and be in your seat before group starts or you may not be admitted into the group.

