



CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am - 7:00am	STRENGTH	METCON	STRENGTH	METCON	STRENGTH	8:00am - 9:00am Strength & Conditioning	Strength & Conditioning
7:00am - 8:00am	She-Strong	Strength & Conditioning	She-Strong	Strength & Conditioning	She-Strong	9:00am - 10:00am Kettlebell Sports	STRENGTH
8:00am - 9:00am	Strength & Conditioning	STRENGTH	Strength & Conditioning	STRENGTH	Strength & Conditioning	10:00am - 11:00am Olympic Weightlifting <small>10am - 11:30am</small>	METCON
10:00am - 11:00am		Strength & Conditioning		Strength & Conditioning		11:00am - 12:00pm Strongman <small>11:30am - 1:00pm</small>	Strongman Beginner <small>12pm - 1:30pm</small>
11:00am - 12:00pm		METCON	METCON	METCON	METCON	1:00pm - 2:00pm Mobility	
12:00pm - 1:00pm	<small>11:30am - 12:30pm</small> Kettlebell Club	STRENGTH	Strength & Conditioning	STRENGTH	<small>11:30am - 12:30pm</small> Strength & Conditioning	2:00pm - 3:00pm METCON	
1:00pm - 2:00pm	<small>12:30pm - 1:30pm</small>		Mobility		<small>12:30pm - 1:30pm</small>	3:00pm - 4:00pm Strength & Conditioning	
6:00pm - 7:00pm	Strength & Conditioning	METCON	Strength & Conditioning	METCON	Strength & Conditioning		
7:00pm - 8:00pm	Strongman <small>7:00pm - 8:30pm</small>	Strongman Beginner <small>7:00pm - 8:30pm</small>	Strongman <small>7:00pm - 8:30pm</small>	Olympic Weightlifting <small>7:00pm - 8:30pm</small>	Strongman <small>7:00pm - 8:30pm</small>		
8:00pm - 9:00pm	STRENGTH <small>8:30pm - 9:30pm</small>		STRENGTH <small>8:30pm - 9:30pm</small>		STRENGTH <small>8:30pm - 9:30pm</small>		



FIRST TIME? TRY A CLASS!
*FREE TRIAL EXCLUSIVE FOR FIRST TIMERS ONLY



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