



# CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am - 7:00am	Powerlifting	METCON	Powerlifting	METCON	Powerlifting	8:00am - 9:00am Strength & Conditioning	Strength & Conditioning
7:00am - 8:00am	Lean & Strong	Strength & Conditioning	Lean & Strong	Strength & Conditioning	Lean & Strong	9:00am - 10:00am Kettlebell Club	Strength Class
8:00am - 9:00am	Strength & Conditioning		Strength & Conditioning		Strength & Conditioning	10:00am - 11:00am Olympic Weightlifting <small>10am - 11:30am</small>	METCON
11:30am - 12:30pm	METCON	Strength & Conditioning <small>11am - 12pm</small>	METCON	Strength & Conditioning <small>11am - 12pm</small>	METCON	11:00am - 12:00pm Strongman <small>11:30am - 1:00pm</small>	Olympic Weightlifting 101
12:30pm - 1:30pm	Strength & Conditioning	Strength Class <small>12pm - 1pm</small>	Kettlebell & Barbell	Strength Class <small>12pm - 1pm</small>	Strength & Conditioning	12:00pm - 1:00pm	Powerlifting <small>12pm - 1:30pm</small>
6:00pm - 7:00pm	Strength & Conditioning	METCON	Strength & Conditioning	METCON	Strength & Conditioning	1:00pm - 2:00pm Mobility	
7:00pm - 8:30pm	Strongman	Powerlifting	Strongman	Olympic Weightlifting	Strongman		



**FIRST TIME? TRY A CLASS!**

\*FREE TRIAL EXCLUSIVE FOR FIRST TIMERS ONLY



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