



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	METCON
10:00am - 11:00am		Strength & Conditioning		Strength & Conditioning		11:00am - 12:00pm Strongman	Olympic Weightlifting 101
11:00am - 12:00pm	METCON	METCON	METCON	METCON	METCON	12:00pm - 1:00pm Powerlifting	Powerlifting
12:00pm - 1:00pm	Strength & Conditioning	Strength Class	Kettlebell & Barbell	Strength Class	Strength & Conditioning	1:00pm - 2:00pm Mobility	
1:00pm - 2:00pm							
6:00pm - 7:00pm	Strength & Conditioning	METCON	Strength & Conditioning	METCON	Strength & Conditioning		
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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