

STRENGTH CULTURE **CLASS SCHEDULE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am 7:00am	STRENGTH		STRENGTH		STRENGTH	8:00am 9:00am STRENGTH & CONDITIONING	
7:00am 8:00am	INTRO TO STRENGTH	STRENGTH & CONDITIONING	METCON	STRENGTH & CONDITIONING	INTRO TO STRENGTH	9:00am 10:00am KETTLEBELL SPORTS	STRENGTH
8:00am 9:00am	STRENGTH & CONDITIONING	STRENGTH	STRENGTH & CONDITIONING	STRENGTH	STRENGTH & CONDITIONING	10:00am 11:00am METCON	METCON
11:00am 12:00pm	11:30am - 12:30pm METCON	METCON HYROX	METCON	METCON HYROX	11:30am - 12:30pm METCON	11:00am 12:00pm STRONGMAN BEGINNERS	11:00am - 12:30pm POWERLIFTING
12:00pm 1:00pm	12:30pm - 1:30pm KETTLEBELL CLUB	STRENGTH	STRENGTH & CONDITIONING	STRENGTH	12:30pm - 1:30pm STRENGTH & CONDITIONING	12:00pm 1:00pm MOBILITY	12:30pm - 1:30pm METCON
6:00pm 7:00pm	STRENGTH & CONDITIONING	METCON	STRENGTH & CONDITIONING	METCON	STRENGTH & CONDITIONING	12:00pm 1:00pm STRENGTH	
7:00pm 8:00pm	7:00pm - 8:30pm STRONGMAN	7:00pm - 8:30pm POWERLIFTING	7:00pm - 8:30pm STRONGMAN	7:00pm - 8:00pm POWERLIFTING	7:00pm - 8:30pm STRONGMAN	1:00pm 2:00pm METCON HYROX	
8:00pm 9:00pm	8:30pm - 9:30pm SCULPT		8:30pm - 9:30pm SCULPT	8:00pm - 9:00pm STRENGTH & CONDITIONING	8:30pm - 9:30pm SCULPT	2:00pm 3:00pm	