



CLASS SCHEDULE

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