



# CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am - 7:00am	<b>STRENGTH CLASS</b>		<b>STRENGTH CLASS</b>		<b>STRENGTH CLASS</b>	8:00am - 9:00am <b>STRENGTH &amp; CONDITIONING</b>	<b>STRENGTH &amp; CONDITIONING</b>
7:00am - 8:00am	<b>INTRO TO STRENGTH</b>	<b>STRENGTH &amp; CONDITIONING</b>	<b>METCON</b>	<b>STRENGTH &amp; CONDITIONING</b>	<b>INTRO TO STRENGTH</b>	9:00am - 10:00am <b>KETTLEBELL SPORTS</b>	<b>STRENGTH CLASS</b>
8:00am - 9:00am	<b>STRENGTH &amp; CONDITIONING</b>	<b>STRENGTH CLASS</b>	<b>STRENGTH &amp; CONDITIONING</b>	<b>STRENGTH CLASS</b>	<b>STRENGTH &amp; CONDITIONING</b>	10:00am - 11:00am <b>WEIGHTLIFTING CLASS</b>	<b>METCON</b>
11:00am - 12:00pm	11:30am - 12:30pm <b>METCON</b>	<b>METCON</b>	<b>METCON</b>	<b>METCON</b>	11:30am - 12:30pm <b>METCON</b>	11:00am - 12:00pm <b>STRONGMAN</b>	11:00am - 12:30pm <b>POWERLIFTING</b>
12:00pm - 1:00pm	12:30pm - 1:30pm <b>KETTLEBELL CLUB</b>	<b>STRENGTH CLASS</b>	<b>STRENGTH &amp; CONDITIONING</b>	<b>STRENGTH CLASS</b>	12:30pm - 1:30pm <b>STRENGTH &amp; CONDITIONING</b>	12:00pm - 1:00pm <b>MOBILITY</b>	12:30pm - 1:30pm <b>METCON</b>
6:00pm - 7:00pm	<b>STRENGTH &amp; CONDITIONING</b>	<b>METCON</b>	<b>STRENGTH &amp; CONDITIONING</b>	<b>METCON</b>	<b>STRENGTH &amp; CONDITIONING</b>	2:00pm - 3:00pm <b>METCON</b>	
7:00pm - 8:00pm	7:00pm - 8:30pm <b>STRONGMAN</b>	7:00pm - 8:30pm <b>POWERLIFTING</b>	7:00pm - 8:30pm <b>STRONGMAN</b>	7:00pm - 8:30pm <b>WEIGHTLIFTING CLASS</b>	7:00pm - 8:30pm <b>STRONGMAN</b>	3:00pm - 4:00pm <b>STRENGTH &amp; CONDITIONING</b>	
8:00pm - 9:00pm	8:30pm - 9:30pm <b>POWER BUILDING</b>	8:30pm - 9:30pm <b>POWER BUILDING</b>	8:30pm - 9:30pm <b>POWER BUILDING</b>	8:30pm - 9:30pm <b>POWER BUILDING</b>	8:30pm - 9:30pm <b>POWER BUILDING</b>		



STRENGTH CULTURE APP