



# 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
11:00am 12:00pm	METCON	Strength & Conditioning	METCON	Strength & Conditioning	METCON	11:00am 12:00pm Strongman <small>11:30am - 1:00pm</small>	Strength & Conditioning
12:00pm 1:00pm	Strength & Conditioning	Strength Class	Kettlebell & Barbell	Strength Class	Strength & Conditioning	12:00pm 1:00pm	
6:00pm 7:00pm	Strength & Conditioning	METCON	Strength & Conditioning	METCON	Strength & Conditioning	1:00pm 2:00pm Mobility	
7:00pm 8:00pm	Strongman <small>7pm - 8:30pm</small>	Powerlifting <small>7pm - 8:30pm</small>	Strongman <small>7pm - 8:30pm</small>	Olympic Weightlifting <small>7pm - 8:30pm</small>	Strongman <small>7pm - 8:30pm</small>		
8:00pm 9:00pm							



FIRST TIME? TRY A CLASS!

\*FREE TRIAL EXCLUSIVE FOR FIRST TIMERS ONLY



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