



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 - 11:30am WEIGHTLIFTING CLASS	METCON
11:00am - 12:00pm	11:30am - 12:30pm METCON	METCON	METCON	METCON	11:30am - 12:30pm METCON	11:30am - 1:00pm STRONGMAN	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	MOBILITY	12:30pm - 1:30pm METCON
6:00pm - 7:00pm	STRENGTH & CONDITIONING	METCON	STRENGTH & CONDITIONING	METCON	STRENGTH & CONDITIONING	METCON	
7:00pm - 8:00pm	7:00pm - 8:30pm STRONGMAN	7:00pm - 8:30pm POWERLIFTING	7:00pm - 8:30pm STRONGMAN	7:00pm - 8:30pm WEIGHTLIFTING CLASS	7:00pm - 8:30pm STRONGMAN		
8:00pm - 9:00pm	8:30pm - 9:30pm SCULPT		8:30pm - 9:30pm SCULPT		8:30pm - 9:30pm SCULPT		



STRENGTH CULTURE APP