



CLASS SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--|--|--|---|--|---|--|
| 6:00am | STRENGTH CLASS | | STRENGTH CLASS | | STRENGTH CLASS | STRENGTH & CONDITIONING | STRENGTH & CONDITIONING |
| 7:00am | | | | | | | |
| 7:00am | INTRO TO STRENGTH | | | | INTRO TO STRENGTH | | |
| 8:00am | | STRENGTH & CONDITIONING | METCON | STRENGTH & CONDITIONING | | KETTLEBELL SPORTS | STRENGTH CLASS |
| 8:00am | | | | | | | |
| 9:00am | STRENGTH & CONDITIONING | STRENGTH CLASS | STRENGTH & CONDITIONING | STRENGTH CLASS | 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 CLASS | STRENGTH & CONDITIONING | STRENGTH CLASS | 12:30pm - 1:30pm STRENGTH & CONDITIONING | MOBILITY | 12:30pm - 1:30pm METCON |
| 1:00pm | | | | | | | |
| 2:00pm | | | CORE | | | METCON | |
| 6:00pm | STRENGTH & CONDITIONING | | STRENGTH & CONDITIONING | | STRENGTH & CONDITIONING | STRENGTH & CONDITIONING | |
| 7:00pm | | METCON | | METCON | | | |
| 7:00pm | 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 | | | | | | | |
| 8:30pm | 8:30pm - 9:30pm POWER BUILDING | | 8:30pm - 9:30pm POWER BUILDING | | 8:30pm - 9:30pm POWER BUILDING | | |
| 9:00pm | | | | | | | |



STRENGTH CULTURE APP