



CLASS SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM		Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	
7 AM							
8:30 AM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning
9:30 AM		Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	
4:30 PM		Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	
5:30 PM		Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning		
6:30 PM		7 th & 8 th Grade Functional Mvmnt	7 th & 8 th Grade Functional Mvmnt	7 th & 8 th Grade Functional Mvmnt	7 th & 8 th Grade Functional Mvmnt		
7:30 PM		High School Strength	High School Strength	High School Strength	High School Strength		

Schedule subject to change. Effective 7.10.2022

Non-barbell options available during all class hours.

Gym open during class hours only.

Please inquire for holiday weekend schedules as they are modified.

Private training and nutrition counseling available by appointment only.