



CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am - 7:00am	STRENGTH CLASS		STRENGTH CLASS		STRENGTH CLASS	8:00am - 9:00am STRENGTH & CONDITIONING	STRENGTH & CONDITIONING
7:00am - 8:00am	INTRO TO STRENGTH	STRENGTH & CONDITIONING	METCON	STRENGTH & CONDITIONING	INTRO TO STRENGTH	9:00am - 10:00am 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 STRONGMAN BEGINNERS
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
6:00pm - 7:00pm	STRENGTH & CONDITIONING	METCON	STRENGTH & CONDITIONING	METCON	STRENGTH & CONDITIONING	2:00pm - 3:00pm METCON	
7:00pm - 8:00pm	7:00pm - 8:30pm STRONGMAN	POWERLIFTING	7:00pm - 8:30pm STRONGMAN	7:00pm - 8:30pm WEIGHTLIFTING CLASS	7:00pm - 8:30pm STRONGMAN	3:00pm - 4:00pm STRENGTH & CONDITIONING	
8:00pm - 9:00pm	8:30pm - 9:30pm STRENGTH CLASS	STRENGTH & CONDITIONING	8:30pm - 9:30pm STRENGTH CLASS		8:30pm - 9:30pm STRENGTH CLASS		



STRENGTH CULTURE APP