



CLASS SCHEDULE

MONDAY

STRENGTH

INTRO TO STRENGTH

STRENGTH & CONDITIONING

11:30am - 12:30pm
METCON

12:30pm - 1:30pm
KETTLEBELL CLUB

STRENGTH & CONDITIONING

7:00pm - 8:30pm
STRONGMAN

8:30pm - 9:30pm
SCULPT

TUESDAY

STRENGTH & CONDITIONING

STRENGTH

METCON HYROX

STRENGTH

METCON

7:00pm - 8:30pm
POWERLIFTING

WEDNESDAY

STRENGTH

METCON

STRENGTH & CONDITIONING

METCON

STRENGTH & CONDITIONING

STRENGTH & CONDITIONING

7:00pm - 8:30pm
STRONGMAN

8:30pm - 9:30pm
SCULPT

THURSDAY

STRENGTH & CONDITIONING

STRENGTH

METCON HYROX

STRENGTH

METCON

7:00pm - 8:30pm
WEIGHTLIFTING CLASS

FRIDAY

STRENGTH

INTRO TO STRENGTH

STRENGTH & CONDITIONING

11:30am - 12:30pm
METCON

12:30pm - 1:30pm
STRENGTH & CONDITIONING

STRENGTH & CONDITIONING

7:00pm - 8:30pm
STRONGMAN

8:30pm - 9:30pm
SCULPT

SATURDAY

8:00am - 9:00am
STRENGTH & CONDITIONING

9:00am - 10:00am
KETTLEBELL SPORTS

10:00am - 11:00am
METCON

11:00am - 12:00pm
STRONGMAN BEGINNERS

12:00pm - 1:00pm
MOBILITY

1:00pm - 2:00pm
METCON HYROX

2:00pm - 3:00pm
STRENGTH & CONDITIONING

SUNDAY

STRENGTH

METCON

11:00am - 12:30pm
POWERLIFTING

12:30pm - 1:30pm
METCON



STRENGTH CULTURE APP