STRENGTH CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00am: Strength and Conditioning	5:00am: Strength and Conditioning	5:00am: Strength and Conditioning		
6:00am:	6:00am:	6:00am:	6:00am:	6:00am:	7:00am:
Strength and Conditioning	Strength and Conditioning	Strength and Conditioning	Strength and Conditioning	Strength and Conditioning	Strength and Conditioning
7:00am:	7:00am:	7:00am:	7:00am:	7:30am:	8:00am:
Strength and Conditioning	Strength and Conditioning	Strength and Conditioning	Strength and Conditioning	Strength and Conditioning	Strength and Conditioning
8:00am - 9:30am:	8:00am - 9:30am:	8:00am - 9:30am:	8:00am - 9:30am:	8:30am - 9:30am:	9:00am:
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Strength and Conditioning
9:30am:	9:30am:	9:30am:	9:30am:	9:30am:	
Strength and Conditioning	Strength and Conditioning	Strength and Conditioning	Strength and Conditioning	Strength and Conditioning	
4:30pm:	4:30pm:	4:30pm:	4:30pm:	4:30pm:	
Strength and Conditioning	Strength and Conditioning	Strength and Conditioning	Strength and Conditioning	Strength and Conditioning	
5:30pm:	5:30pm:	5:30pm:	5:30pm:	5:30pm:	
Strength and Conditioning	Strength and Conditioning	Strength and Conditioning	Strength and Conditioning	Strength and Conditioning	
6:30pm: Strength and Conditioning	6:30pm: Olympic Lifting + Conditioning	6:30pm: Strength and Conditioning	6:30pm: Olympic Lifting + Conditioning		