

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: Strength and Conditioning	6:00am: Strength and Conditioning	6:00am: Strength and Conditioning	6:00am: Strength and Conditioning	6:00am: Strength and Conditioning	7:00am: Strength and Conditioning
7:00am: Strength and Conditioning	7:00am: Strength and Conditioning	7:00am: Strength and Conditioning	7:00am: Strength and Conditioning	7:30am: Strength and Conditioning	8:00am: Strength and Conditioning
8:00am - 9:30am: Open Gym	8:00am - 9:30am: Open Gym	8:00am - 9:30am: Open Gym	8:00am - 9:30am: Open Gym	8:30am - 9:30am: Open Gym	9:00am: Strength and Conditioning
9:30am: Strength and Conditioning	9:30am: Strength and Conditioning	9:30am: Strength and Conditioning	9:30am: Strength and Conditioning	9:30am: Strength and Conditioning	
4:30pm: Strength and Conditioning	4:30pm: Strength and Conditioning	4:30pm: Strength and Conditioning	4:30pm: Strength and Conditioning	4:30pm: Strength and Conditioning	
5:30pm: Strength and Conditioning	5:30pm: Strength and Conditioning	5:30pm: Strength and Conditioning	5:30pm: Strength and Conditioning	5:30pm: Strength and Conditioning	
6:30pm: Strength and Conditioning	6:30pm: Olympic Lifting + Conditioning	6:30pm: Strength and Conditioning	6:30pm: Olympic Lifting + Conditioning		