



Kali Strength Weekly Class Schedule

*Powerlifting & Olympic Lifting Platforms Are Available From 5am - 9pm Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
6:00 AM	STRENGTH & SWEAT	STRENGTH & SWEAT	STRENGTH & SWEAT	STRENGTH & SWEAT	STRENGTH & SWEAT		
7:00 AM	STRENGTH & SWEAT	STRENGTH & SWEAT	STRENGTH & SWEAT	STRENGTH & SWEAT	STRENGTH & SWEAT		
8:00 AM	STRENGTH & SWEAT	STRENGTH & SWEAT	STRENGTH & SWEAT	STRENGTH & SWEAT	STRENGTH & SWEAT	BOOBS & BARBELLS (OLY)	
9:00 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	STRENGTH & SWEAT	POWER HOUR (POWERLIFTING)
10:00 AM - 3:30 PM						CLOSED FOR GYMNASTICS	POWER HOUR (POWERLIFTING)
3:30 PM							
4:30 PM	STRENGTH & SWEAT	STRENGTH & SWEAT	STRENGTH & SWEAT	STRENGTH & SWEAT	STRENGTH & SWEAT	OPEN GYM	OPEN GYM
5:30 PM	STRENGTH & SWEAT	STRENGTH & SWEAT	POWER HOUR (POWERLIFTING)	STRENGTH & SWEAT	STRENGTH & SWEAT		
6:30 PM	OPEN GYM	BOOBS & BARBELLS (OLY)	MOBILITY	POWER HOUR (POWERLIFTING)	OPEN GYM		
7:30 PM - 9:00 PM		OPEN GYM	OPEN GYM	OPEN GYM			