



WEEKLY CLASS SCHEDULE

	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	HIIT IT	POWER HOUR 9 AM - 10:30 AM
9:00 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	STRENGTH & SWEAT	
10:00 AM							
11:00 AM - 4:30 PM							
4:30 PM	STRENGTH & SWEAT	STRENGTH & SWEAT	STRENGTH & SWEAT	STRENGTH & SWEAT	STRENGTH & SWEAT	OPEN GYM	OPEN GYM
5:30 PM	STRENGTH & SWEAT	HYBRID	HIIT IT	STRENGTH & SWEAT	STRENGTH & SWEAT		
6:30 PM	OPEN Gym	OPEN Gym	OPEN Gym	BOOBS & BARBELLS	OPEN Gym		
7:30 PM - 9:00 PM				OPEN GYM			