



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 | STRENGTH & SWEAT | HIIT IT | STRENGTH & SWEAT | STRENGTH & SWEAT | | |
| 6:30 PM | OPEN Gym | BOOBS & BARBELLS OLYMPIC LIFTING | OPEN Gym | BOOBS & BARBELLS POWER + OLYMPIC | OPEN Gym | | |
| 7:30 PM - 9:00 PM | | OPEN GYM | | OPEN GYM | | | |

1-WEEK FREE PASS IS GOOD FOR ANY CLASSES ON OUR SCHEDULE / NO OPEN GYM ACCESS WITHOUT A MEMBERSHIP & A KEY FOB