



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	HIIT IT	POWER HOUR
9:00 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	STRENGTH & SWEAT	
10:00 AM - 3:30 PM					CLOSED FOR GYMNASTICS		
3:30 PM					MOBILITY		
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 (OLY)	OPEN GYM	POWER HOUR	OPEN GYM		
7:30 PM - 9:00 PM		OPEN GYM		OPEN GYM			