MONDAY
TUESDAY

## 6:00AM

 SPORTS CON henry7:30AM
pure strength RP
9.30AM

STRENGTH \& conditioning R P

12:00PM
TRX CORE CIRCUIT KIM

кickboxing
morgan
GRIND
SHON
4:30PM
boxing
JAKE
GRIND
HENRY
5:30PM
CYCLE
BRYAN

6:00PM
SPORTS CON
JAKE
6:30PM
YOGA POWER
FLOW
KELSEY

WEDNESDAY
6:00AM
PURE STRENGTH RP

7:30AM
STRENGTH \&
COND
HENRY
9:30AM
SPORTS CON
JAKE
12:00PM
BOXING
JAKE
CYCLE
BRYAN
TABATA
SHON
4:30PM
SPORTS CON
SHON
4:45PM
CYCLE
ALICIA
5:30PM
KICKBOXING
TAYLOR
6:00PM
CIRCUITS
ALICIA

THURSDAY
FRIDAY
6:00 AM SCULPTING STRENGTH BRYAN
7:30AM
STRENGTH \& COND RP

9:30AM
PURE STRENGTH
RP
10:30AM
POWER YOGAFOR
ATHLETES
SHANDA
12:00PM
KICKBOXING
MORGAN
SPORTS CON
SHON
4:30PM
HIIT CIRCUIT
SHON

BOXING
JAKE

5:30PM
CYCLE
BRYAN
6:00PM
PURE STRENGTH
JAKE
6:30PM
FOUNDATION YOGA
FLOW
F
LEAH
PURE STRENGTH HENRY

8:00AM
FOUNDATION YOGA
FLOW
LEAH

9:30AM
BLACKOUT
JAKE
BOXING
MORGAN
12:00PM
CYCLE - THE TRIP
KIM

## BOXING

JAKE
STRENGTH \& CONDITIONING TAYLOR

4:30PM
BODY BATTLE JAKE

SATURDAY
SUNDAY

9:00AM
STRENGTH \& COND ALEX

## 10:15AM

VINYASA FLOW KELSEY

7:30AM SPORTS CON HENRY

POWER VINYASA ARIANA

8:00AM RUN CLUB SONYA

9:00AM KICKBOXING
TAYLOR
CYCLE
BRYAN
STRENGTH \& COND HENRY

10:15AM
BARBELL 101
EVERYOTHER
SATURDAY

12:00PM
PURE STRENGTH
JAKE
[117)
FITNESS + TRAINING CENTER

