



Class Schedule - 2025

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY	
5:00 AM	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (M/W/F 5 AM GROUP)	Open Gym	BOOT CAMP (Jess)	Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (M/W/F 5 AM GROUP)	Open Gym	BOOT CAMP (Jess)	Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (M/W/F 5 AM GROUP)	Open Gym	Open Gym		Open Gym
5:30 AM		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym	Open Gym	Open Gym
6:00 AM	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (M/W/F 6 AM GROUP)	Open Gym		Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (M/W/F 6 AM GROUP)	Open Gym		Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (M/W/F 6 AM GROUP)	Open Gym	Open Gym		Open Gym
6:30 AM		Open Gym		Open Gym		Open Gym	Open Gym	Open Gym		Open Gym	Open Gym	Open Gym	
7:00 AM		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym		Open Gym
8:00 AM		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym	BOOT CAMP (Jess)	YOUTH NINJA WARRIOR (Alex/Ali)
8:30 AM		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym		
9:00 AM		Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (Tu/W/Th 9 AM GROUP)	Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (Tu/W/Th 9 AM GROUP)	Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (Tu/W/Th 9 AM GROUP)	Open Gym	Open Gym	Open Gym	Open Gym		Open Gym
9:30 AM		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
10:00 AM		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym		Open Gym
4:00 PM		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym		Open Gym
4:30 PM		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym		Open Gym
5:00 PM		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym		Open Gym
5:30 PM		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym		Open Gym
6:00 PM		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym		Open Gym
6:30 PM	BOOT CAMP (Jess)	YOUTH NINJA WARRIOR (Zach/Ali)		Open Gym	BOOT CAMP (Alicia)	Open Gym		Open Gym	Open Gym	Open Gym	Open Gym		Open Gym
7:00 PM				Open Gym	MOBILITY & STRETCHING (Alicia)	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
7:30 PM	MOBILITY & STRETCHING (Jess)	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym		Open Gym

Memberships are \$35/month and include all group classes, open gym, and use of the facility. \$12/month/additional family member in the same household. \$20 Drop-In.

Classes/Programs in shaded boxes are part of the BYB Add-On.

OPEN BY APPTMT FOR PERSONAL TRAINING, USE OF THE GARAGE GYM, DEKA & HYROX TRAINING, AND RUNNING THE OBSTACLE COURSE!

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