



**NOTE: There will be NO CLASSES, PT, or BYB Groups Sunday, May 19th through Wednesday, May 29th. Normal schedule will resume on Thursday, May 30th.**

**Class Schedule - May 2024**

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		Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (M/W/F 5 AM GROUP)	Open Gym		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	BOOT CAMP (Jess)	Open Gym		Open Gym	Open Gym	BOOT CAMP (Jess)		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
7:30 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		Open Gym
8:30 AM		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym		Open Gym
9:00 AM		Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (9 AM GROUP)	Open Gym		Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (9 AM GROUP)	Open Gym		Open Gym	Open Gym	BOOT CAMP (Matt)	YOUTH WARRIOR BOOT CAMP (Jess)
9:30 AM		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	YOUTH FITNESS & GAMES (Kenzie Spies)	ATTACK TODAY PROGRAM (Derrick Beasley)	YOUTH FITNESS & GAMES (Kenzie Spies)	Open Gym	YOUTH FITNESS & GAMES (Kenzie Spies)	ATTACK TODAY PROGRAM (Derrick Beasley)	YOUTH FITNESS & GAMES (Kenzie Spies)	Open Gym	YOUTH FITNESS & GAMES (Kenzie Spies)	Open Gym	Open Gym		Open Gym
4:30 PM				STRENGTH, TONE, & CORE (Alicia Myers)				Open Gym		Open Gym	Open Gym	Open Gym	
5:00 PM	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (M/W 5 PM GROUP)	Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (Tu/Th 5 PM GROUP)	Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (M/W 5 PM GROUP)	Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (M/W 5 PM GROUP)	Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (Tu/Th 5 PM GROUP)	Open Gym	Open Gym		Open Gym
5:30 PM		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym			
6:00 PM	BOOT CAMP (Jess)	Open Gym	ATTACK TODAY PROGRAM (Derrick Beasley)	Open Gym	BOOT CAMP (Jess)	Open Gym	ATTACK TODAY PROGRAM (Derrick Beasley)	Open Gym	ATTACK TODAY PROGRAM (Derrick Beasley)	Open Gym	Open Gym		Open Gym
6:30 PM		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym			
7:00 PM	MOBILITY & STRETCHING (Mandy)	Open Gym		Open Gym	MOBILITY & STRETCHING (Mandy)	Open Gym		Open Gym		Open Gym	Open Gym		Open Gym

**Classes/Programs in shaded boxes are a separate fee (not part of the punch card). Punch cards are good for up to 2 months. Unlimited memberships available as well!  
 OPEN BY APPTMT FOR PERSONAL TRAINING, USE OF THE GARAGE GYM, DEKA TRAINING, AND RUNNING THE OBSTACLE COURSE!  
 OCRTARDIGRADETOUGH@GMAIL.COM**