



Class Schedule - September 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	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	
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 (Tu/Th 9 AM GROUP)	Open Gym		Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (Tu/Th 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	Open Gym		
10:00 AM		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym		Open Gym	
4:00 PM	YOUTH FITNESS AND GAMES (Kenzie)	Open Gym	YOUTH FITNESS AND GAMES (Kenzie)	Open Gym	YOUTH FITNESS AND GAMES (Kenzie)	Open Gym	YOUTH FITNESS AND GAMES (Kenzie)	Open Gym	YOUTH FITNESS AND GAMES (Kenzie)	Open Gym	Open Gym		Open Gym	
4:30 PM		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
5:00 PM		Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (Tu/Th 5 PM GROUP)	Open Gym		Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (Tu/Th 5 PM GROUP)	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		Open Gym
6:00 PM	BOOT CAMP (Jess)	YOUTH NINJA WARRIOR (Zach)		Open Gym	BOOT CAMP (Alicia)	Open Gym		Open Gym		Open Gym	Open Gym		Open Gym	
6:30 PM			Open Gym	Open Gym		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		Open Gym
7:00 PM	MOBILITY & STRETCHING (Jess)	Open Gym		Open Gym	MOBILITY & STRETCHING (Alicia)	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 & HYROX TRAINING, AND RUNNING THE OBSTACLE COURSE!

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