



Class Schedule - July 2024

| TIME     | MONDAY  |  | TUESDAY   |  | WEDNESDAY   |  | THURSDAY  |  | FRIDAY  |          | SATURDAY |                     | SUNDAY                               |          |
|----------|---|--|---|--|---|--|---|--|---|----------|----------|---------------------|--------------------------------------|----------|
| 5:00 AM  | "BEYOND BADASS"<br>SMALL GROUP<br>STRENGTH TRAINING<br>(M/W/F 5 AM GROUP) | Open Gym                                   |   | Open Gym                                   | "BEYOND BADASS"<br>SMALL GROUP<br>STRENGTH TRAINING<br>(M/W/F 5 AM GROUP) | Open Gym                                   |   | Open Gym                                   | "BEYOND BADASS"<br>SMALL GROUP<br>STRENGTH TRAINING<br>(M/W/F 5 AM GROUP) | Open Gym | Open Gym |                     | Open Gym                             |          |
| 5:30 AM  |   | Open Gym                                   | BOOT CAMP<br>(Jess)   | Open Gym                                   |   | Open Gym                                   | Open Gym  | BOOT CAMP<br>(Jess)                        |   | Open Gym | Open Gym | Open Gym            |                                      | Open Gym |
| 6:00 AM  | "BEYOND BADASS"<br>SMALL GROUP<br>STRENGTH TRAINING<br>(M/W/F 6 AM GROUP) | Open Gym                                   |   | Open Gym                                   | "BEYOND BADASS"<br>SMALL GROUP<br>STRENGTH TRAINING<br>(M/W/F 6 AM GROUP) | Open Gym                                   |   | Open Gym                                   | "BEYOND BADASS"<br>SMALL GROUP<br>STRENGTH TRAINING<br>(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"<br>SMALL GROUP<br>STRENGTH TRAINING<br>(9 AM GROUP)       | YOUTH FITNESS &<br>GAMES<br>(Kenzie Spies) |   | Open Gym                                   | "BEYOND BADASS"<br>SMALL GROUP<br>STRENGTH TRAINING<br>(9 AM GROUP)       | YOUTH FITNESS &<br>GAMES<br>(Kenzie Spies) |   | Open Gym | Open Gym | BOOT CAMP<br>(Matt) | YOUTH WARRIOR BOOT<br>CAMP<br>(Jess) |          |
| 9:30 AM  |   | 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  | ATTACK TODAY<br>PROGRAM<br>(Derrick Beasley)                              | Open Gym                                   |   | Open Gym                                   | ATTACK TODAY<br>PROGRAM<br>(Derrick Beasley)                              | 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 |                     | Open Gym                             |          |
| 5:00 PM  |   | Open Gym                                   | "BEYOND BADASS"<br>SMALL GROUP<br>STRENGTH TRAINING<br>(Tu/Th 5 PM GROUP) | Open Gym                                   |   | Open Gym                                   | "BEYOND BADASS"<br>SMALL GROUP<br>STRENGTH TRAINING<br>(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                                   | STRENGTH, TONE, &<br>CORE<br>(Alicia Myers)                               | Open Gym | Open Gym | Open Gym            |                                      | Open Gym |
| 6:00 PM  | BOOT CAMP<br>(Jess)   | YOUTH<br>NINJA WARRIOR<br>(Kailyn McIlree) | ATTACK TODAY<br>PROGRAM<br>(Derrick Beasley)                              | Open Gym                                   | BOOT CAMP<br>(Jess)   | YOUTH<br>NINJA WARRIOR<br>(Kailyn McIlree) | ATTACK TODAY<br>PROGRAM<br>(Derrick Beasley)                              | 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 |
| 7:00 PM  | MOBILITY &<br>STRETCHING<br>(Mandy)                                       | Open Gym                                   |   | Open Gym                                   | MOBILITY &<br>STRETCHING<br>(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 & HYROX TRAINING, AND RUNNING THE OBSTACLE COURSE!

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