



Class Schedule - February 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	Open Gym	
6:30 AM		Open Gym		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	Open Gym		
10:00 AM		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	Open Gym	Open Gym	
4:00 PM	COMING FEBRUARY 19TH! YOUTH FITNESS & GAMES on Mon/Wed (Kenzie Spies)	ATTACK TODAY PROGRAM (Derrick Beasley)	YOUTH FITNESS & GAMES (Kenzie Spies)	Open Gym	COMING FEBRUARY 19TH! YOUTH FITNESS & GAMES on Mon/Wed (Kenzie Spies)	ATTACK TODAY PROGRAM (Derrick Beasley)	YOUTH FITNESS & GAMES (Kenzie Spies)	Open Gym	COMING IN MARCH! CARDIO FUSION HIIT DANEYA WILL BE BACK!	Open Gym	Open Gym	Open Gym	
4:30 PM				STRENGTH, TONE, & CORE (Alicia Myers)								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)		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (M/W 5 PM GROUP)	Open Gym	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (Tu/Th 5 PM GROUP)		COMING SOON! NEW FRIDAY CLASS!	Open Gym	Open Gym	Open Gym	
5:30 PM		MOBILITY & STRETCHING (Mandy)		MOBILITY & STRETCHING (Mandy)		Open Gym		Open Gym		Open Gym	Open Gym		
6:00 PM	BOOT CAMP (Matt & Jess)	Open Gym	ATTACK TODAY PROGRAM (Derrick Beasley)	Open Gym	BOOT CAMP (Jess)	Open Gym	ATTACK TODAY PROGRAM (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			
7:00 PM		Open Gym		Open Gym		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!  
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