



WINTER & SPRING 2017

CLASS SCHEDULE

MONDAY

5:15 - 6:10 am	Kettlebell Class
6:15 - 7:15 am	Kettlebell Class
8:30 - 9:30 am	Kettlebell Class
4:15 - 5:00 pm	Kettlebell Class
5:00 - 5:30 pm	Cardio & Core
5:30 - 6:30 pm	Kettlebell Class

TUESDAY

5:15 - 6:00 am	Cardio & Core
6:15 - 7:00 am	Cardio & Core
8:30 - 9:15 am	Cardio & Core
4:00 - 5:00 pm	Strength & Conditioning
5:00 - 5:30 pm	Cardio & Core
5:30 - 6:30 pm	Strength & Conditioning
5:45 - 6:45 pm	Cardio Boxing
6:30 - 7:00 pm	Strength & Conditioning

WEDNESDAY

5:15 - 6:10 am	Strength & Conditioning
6:15 - 7:15 am	Strength & Conditioning
8:30 - 9:15 am	Strength & Conditioning
4:00 - 5:00 pm	Cardio Boxing
5:30 - 6:30 pm	Strength & Conditioning
6:30 - 7:30 pm	Yoga

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THURSDAY

5:15 - 6:10 am	Strength & Conditioning
6:15 - 7:15 am	Strength & Conditioning
8:30 - 9:30 am	Strength & Conditioning
4:00 - 5:00 pm	Strength & Conditioning
5:00 - 5:30 pm	Cardio & Core
5:30 - 6:30 pm	Strength & Conditioning

FRIDAY

5:15 - 6:10 am	Circuit
6:15 - 7:15 am	Circuit
8:30 - 9:30 am	Circuit

SATURDAY

7:00 - 7:45 am	Cardio & Core
8:00 - 9:00 am	Tactical Strength Training

SUNDAY

7:00 - 8:15 am	Sunrise Yoga
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CLASS DESCRIPTIONS

Cardio & Core: Ropes and Body Weight Techniques.

Circuit Training: Kettlebells, Tires & Sledgehammers.

EKC: Extreme Kettlebell Cardio.

Strength Training: Tires, Sledgehammers, Atlas Stones.

Kettlebell: Conditioning with Kettlebells.

Strength & Conditioning: Kettlebells, Ropes & Body Weight.