

# ATHLETIC SCHEDULE



SUN	MON	TUE	WED	THU	FRI	SAT
No Classes	5:15pm-6pm Strength & Conditioning  6:15pm-7pm Strength & Conditioning  7:15pm-8pm Kettlebells	6:15pm-7pm HIIT High Intensity Interval Training	5:15pm-6pm Strength & Conditioning  6:15pm-7pm Strength & Conditioning	6:15pm-7pm Kettlebells	No Classes	945am-10:45am Strength & Conditioning  11am-11:45am Balance & Stability

**OPEN GYM SCHEDULE**  
- WEIGHT ROOM / OPEN MAT -

MONDAY TO FRIDAY 7:30AM - 1PM / 3PM - 8PM  
SATURDAY & SUNDAY 9AM - 1PM