

WEEKLY CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
5:00AM	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR		
6:00AM	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR		
7:00AM	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR	7:00AM	WEEKEND WARRIOR
8:00AM	IRON HOUR		IRON HOUR		IRON HOUR		
9:00AM	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR	8:15AM	WEEKEND WARRIOR
10:00AM	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR	9:30AM	WEEKEND WARRIOR
3:00PM	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR		
4:00PM	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR		
5:00PM	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR		
6:00PM	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR	DYNAMIC STRENGTH	IRON HOUR	8:00 AM	RESTORATIVE YOGA

