



CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UPPER BODY	LOWER BODY	TOTAL BODY	UPPER BODY	LOWER BODY	TOTAL BODY	HYROX
5AM	5AM	5AM	5AM	5AM	7AM	8AM
6AM	6AM	6AM	6AM	6AM	8AM	9AM
7:15AM	7:15AM	7:15AM	7:15AM	7:15AM	9AM	
8:30AM	8:30AM	8:30AM	8:30AM	8:30AM	10AM	
10AM	10AM	10AM	10AM	10AM		
12PM	12PM	12PM	12PM	12PM		
5:30PM	5:30PM	5:30PM	5:30PM	4:15PM		
6:45PM	6:45PM	6:45PM	6:45PM	5:30PM		

JUST LIFT

**ALL WEIGHTS
NO CARDIO**

SWEAT STANDARD

**STRENGTH TRAINING
AND CARDIO**