



Adult Classes

MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Lower Body Strength & Power Development @ 5:30 AM Functional HIIT @ 6:00 PM	2 Functional Strength & Conditioning @ 5:30 AM Tabata Strength and Conditioning @ 6:00 PM	3 Lower Body Strength & Power Development @ 5:30 AM Functional HIIT @ 6:00 PM	4 Functional Strength & Conditioning @ 5:30 AM Tabata Strength and Conditioning @ 6:00 PM	5	6 NO CLASSES
7 NO CLASSES	8 Lower Body Strength & Power Development @ 5:30 AM Functional HIIT @ 6:00 PM	9 Functional Strength & Conditioning @ 5:30 AM Tabata Strength and Conditioning @ 6:00 PM	10 Kettlebell Cardio @ 5:30 AM Kettlebell Cardio @ 6:00 PM	11 Functional Strength & Conditioning @ 5:30 AM Functional Cross Strength Training @ 6:00 PM	12 Upper Body Strength & Power Development @ 5:30 AM	13 NO CLASSES
14 NO CLASSES	15 Lower Body Strength & Power Development @ 5:30 AM Functional HIIT @ 6:00 PM	16 Functional Strength & Conditioning @ 5:30 AM Tabata Strength and Conditioning @ 6:00 PM	17 Kettlebell Cardio @ 5:30 AM Kettlebell Cardio @ 6:00 PM	18 Functional Strength & Conditioning @ 5:30 AM Functional Cross Strength Training @ 6:00 PM	19 Upper Body Strength & Power Development @ 5:30 AM	20 NO CLASSES
21 NO CLASSES	22 Lower Body Strength & Power Development @ 5:30 AM Functional HIIT @ 6:00 PM	23 Functional Strength & Conditioning @ 5:30 AM Tabata Strength and Conditioning @ 6:00 PM	24 Kettlebell Cardio @ 5:30 AM Kettlebell Cardio @ 6:00 PM	25 Functional Strength & Conditioning @ 5:30 AM Functional Cross Strength Training @ 6:00 PM	26 Upper Body Strength & Power Development @ 5:30 AM	27 NO CLASSES
28 NO CLASSES	29 Lower Body Strength & Power Development @ 5:30 AM Functional HIIT @ 6:00 PM	30 Functional Strength & Conditioning @ 5:30 AM Tabata Strength and Conditioning @ 6:00 PM	31 Kettlebell Cardio @ 5:30 AM Kettlebell Cardio @ 6:00 PM			