



Adult Classes

SEPTEMBER 2023

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