

LIFE CONDITIONING PROGRAM

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am Strength	6:30am Conditioning	6:30am Strength	6:30am Conditioning	6:30am Strength	11:00am Conditioning
12:00pm Conditioning	12:00pm Strength	12:00pm Conditioning	12:00pm Strength	12:00pm Conditioning	
6:30pm Strength	6:30pm Conditioning	6:30pm Strength	6:30pm Conditioning	6:30pm Strength	

1 HOUR CLASSES | SIGN-UPS REQUIRED ONLINE | 12 PERSON LIMIT PER CLASS