

## CLASS SCHEDULES | RED BANK | OCTOBER

**CLUB HOURS:** Mon.-Thurs. 5am-11pm // Fri. 5am-10pm // Sat. 7am-7pm // Sun. 7am-4pm

**JERSEY  
STRONG**

### XLABS CLASS SCHEDULE

 Group Training Room 1		MON	TUE	WED	THU	FRI		SAT	SUN
			10:30am		5:00pm	10:00am		9:00am	

### TEAM TRAINING SCHEDULE

 Team Training Room		MON	TUE	WED	THU	FRI		SAT	SUN
		6:00am 6:30pm	6:30pm	6:00am 6:30pm	8:00am			8:30am	



**TRY A FREE  
PERSONAL TRAINING  
SESSION**

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THE APP**



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**ADVANCED REGISTRATION:** All classes require advanced registration at either [jerseystrong.com/account](https://jerseystrong.com/account) or through the JERSEY STRONG mobile app which can be downloaded at [jerseystrong.com/app](https://jerseystrong.com/app).

**DROP IN BILLING:** Not all memberships include Classes. On or before the 15th of each month you will be billed **\$7 for each Group or XLab Class and \$15 for each Team Training Class** you booked during the preceding month beyond the quantity of Classes included monthly with your membership.