

IRONMAN FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		Adult Strength and Conditioning		Adult Strength and Conditioning		
7:00 AM		Adult Strength and Conditioning		Adult Strength and Conditioning		
8:00 AM	Strength and Conditioning <i>Women Only</i>	Yoga	Strength and Conditioning <i>Women Only</i>		Strength and Conditioning <i>Women Only</i>	Adult Bootcamp
9:00 AM	Adult Strength and Conditioning	Adult Strength And Conditioning	Adult Strength and Conditioning	Adult Strength and Conditioning	Adult Strength and Conditioning	Open Gym
10:30 AM	TRX/SGT		TRX/SGT		TRX/SGT	
1:00 PM	Adult Strength and Conditioning		Adult Strength and Conditioning		Adult Strength and Conditioning	
4:00 PM		Small group High School Boys		Small Group High School Boys		
5:00 PM	High School boys	Middle / High School Girls	High School Boys	Middle / High School Girls	High School Boys	
6:00 PM	Strength and Conditioning <i>Women Only</i>	Adult Strength and Conditioning	Strength and Conditioning <i>Women Only</i>	Adult Strength and Conditioning	Strength and Conditioning <i>Women Only</i>	
7:00 PM				30min mobility		