

CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:30 AM	Upper Body Weight Training			Lower Body Weight Training		8:00 AM	Circuit Training	TBD
7:00 AM	Upper Body Weight Training		Strength Conditioning	Yoga Open Level	Circuit Training	9:00 AM	Circuit Training	TBD
8:15 AM	Upper Body Weight Training	Hurricane Cardio	Strength Conditioning	Lower Body Weight Training	Circuit Training	10:00am	Semi-Private	
9:30 AM	Upper Body Weight Training	Hurricane Cardio	Strength Conditioning	Lower Body Weight Training	Circuit Training			
11:00 AM	Semi-Private	Semi-Private	Semi-Private	Semi-Private	Semi-Private			
12:00PM	Senior Strong Training		Senior Strong Training		Senior Strong Training			
3:15 PM	Semi-Private Student Athlete Class	Semi-Private	Semi-Private 3:30 Student Athlete Class	Semi-Private	Semi-Private			
4:30 PM	Upper Body Weight Training	Hurricane Cardio	Strength Conditioning	Lower Body Weight Training	Circuit Training			
5:15 PM	Upper Body Weight Training/ Semi-Private	Hurricane	Strength Conditioning/ Semi-Private	Lower Body Weight Training/ Semi-Private	Circuit Training			
6:15 PM	Upper Body Weight Training	Hurricane Cardio	Strength Conditioning	Lower Body Weight Training				
7:00 PM	Upper Body Weight Training	Hurricane Cardio	Strength Conditioning	Lower Body Weight Training				

GYM RULES



- BE CONSISTENT AND BE ON TIME
- RESPECT THIS HOUSE AND RESPECT EACH OTHER
- PUT YOUR EXCUSES AND WEIGHTS AWAY
- BE LOUD AND BE PROUD
- HIGH FIVES ARE MANDATORY
- MORE CHALK... LESS TALK
- "TRAIN" HERE, "EXERCISE" SOMEWHERE ELSE
- EAT REAL FOOD, DO NOT DIET
- HONOR THE DRILL... EVERY REP IS A MASTERPIECE
- PR'S ARE MEANT TO BE BROKEN

LOSE FAT  BUILD MUSCLE  FEEL GOOD