

CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:30 AM	Upper Body Weight Training		Strength Conditioning	Lower Body Weight Training		8:00 AM	Circuit Training	TBD
7:15 AM	Upper Body Weight Training		Strength Conditioning		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			
3:30PM	Semi-Private Student Athlete Class	Semi-Private	Semi-Private Student Athlete Class	Semi-Private	Semi-Private			
4:30 PM								
5:00PM	Weight Training	Hurricane	Strength Conditioning	Weight Training	Circuit Training			
6:15PM	Upper Body Weight Training	Hurricane Cardio	Strength Conditioning	Lower Body Weight Training				
7:00 PM								



GYM RULES
TFW
BRIARCLIFF

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

LOSE FAT  BUILD MUSCLE  FEEL GOOD