


CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:30 AM	Total Body Strength		Total Body Strength	Strength Circuit		8:00 AM	Strength Circuit	TBD
7:15 AM	Total Body Strength	Semi-Private	Total Body Strength		Total Body Strength	9:00 AM	Strength Circuit	TBD
8:15 AM	Total Body Strength	Hurricane Cardio	Total Body Strength	Strength Circuit	Total Body Strength	10:00am		
9:30 AM	Total Body Strength	Hurricane Cardio	Total Body Strength	Strength Circuit	Total Body Strength			
11:00 AM	Semi-Private	Semi-Private	Semi-Private	Semi-Private	Semi-Private			
12:00 PM	Senior Strong Training		Senior Strong Training		Senior Strong Training			
3:00 PM								
4:00 PM	8-12yr Old Student Athlete Class			8-12yr Old Student Athlete Class				
5:00 PM	Total Body Strength		Total Body Strength					
5:30 PM		Hurricane Cardio		Strength Circuit				
6:15PM	Total Body Strength		Total Body Strength					

GYM RULES



- 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