

SUMMER SCHEDULE

MONDAY

STRENGTH + CONDITIONING

6:30 AM - 8:00 AM
WITH COACH ZEKE

YOUTH STRENGTH + CONDITIONING

BEGINNER / INTERMEDIATE
4:00 PM - 5:00 PM
WITH COACH ZEKE

CONDITIONING

5:00 PM - 6:00 PM
WITH COACH CARLOS

YOUTH STRENGTH + CONDITIONING

ADVANCED / COMPETITIVE
5:00 PM - 6:00 PM
WITH COACH LINDSY
+ COACH ZEKE

OLYMPIC WEIGHTLIFTING

6:00 PM - 8:00 PM
WITH COACH LINDSY

STRENGTH + CONDITIONING

7:00 PM - 8:00 PM
WITH COACH CARLOS

TUESDAY

CONDITIONING

5:30 AM - 6:30 AM
WITH COACH CARLOS

OPEN GYM

6:30 AM - 8:00 AM
WITH COACH CARLOS
+ COACH ZEKE

YOUTH STRENGTH + CONDITIONING

BEGINNER / INTERMEDIATE
4:00 PM - 5:00 PM
WITH COACH ZEKE

CONDITIONING

5:00 PM - 6:00 PM
WITH COACH CARLOS

YOUTH STRENGTH + CONDITIONING

ADVANCED / COMPETITIVE
5:00 PM - 6:00 PM
WITH COACH LINDSY
+ COACH ZEKE

OLYMPIC WEIGHTLIFTING

6:00 PM - 8:00 PM
WITH COACH LINDSY

STRENGTH + CONDITIONING

7:00 PM - 8:00 PM
WITH COACH CARLOS

WEDNESDAY

STRENGTH + CONDITIONING

6:30 AM - 8:00 AM
WITH COACH ZEKE

YOUTH STRENGTH + CONDITIONING

BEGINNER / INTERMEDIATE
4:00 PM - 5:00 PM
WITH COACH ZEKE

CONDITIONING

5:00 PM - 6:00 PM
WITH COACH CARLOS

OLYMPIC WEIGHTLIFTING

6:00 PM - 8:00 PM
WITH COACH LINDSY

STRENGTH + CONDITIONING

7:00 PM - 8:00 PM
WITH COACH CARLOS

THURSDAY

CONDITIONING

5:30 AM - 6:30 AM
WITH COACH CARLOS

OPEN GYM

6:30 AM - 8:00 AM
WITH COACH CARLOS
+ COACH ZEKE

CONDITIONING

4:00 PM - 5:00 PM
WITH COACH CARLOS

YOUTH STRENGTH + CONDITIONING

ADVANCED / COMPETITIVE
5:00 PM - 6:00 PM
WITH COACH LINDSY
+ COACH ZEKE

OLYMPIC WEIGHTLIFTING

6:00 PM - 8:00 PM
WITH COACH LINDSY

STRENGTH + CONDITIONING

7:00 PM - 8:00 PM
WITH COACH CARLOS

FRIDAY

YOUTH STRENGTH + CONDITIONING

BEGINNER / INTERMEDIATE
4:00 PM - 5:00 PM
WITH COACH LINDSY
+ COACH ZEKE

CONDITIONING

4:30 PM - 5:30 PM
WITH COACH CARLOS

OLYMPIC WEIGHTLIFTING

5:30 PM - 7:00 PM
WITH COACH LINDSY

SATURDAY

CONDITIONING

7:00 AM - 8:00 AM
WITH COACH CARLOS

YOUTH STRENGTH + CONDITIONING

ADVANCED / COMPETITIVE
8:00 AM - 9:00 AM
WITH COACH LINDSY
+ COACH ZEKE

OLYMPIC WEIGHTLIFTING

9:00 AM - 11:00 AM
WITH COACH LINDSY

