

# GROUP CLASS SCHEDULE

## FALL /EARLY WINTER 2022

TIME / DAY	MON	TUES	WED	THUR	FRI	SAT	SUN
6 - 7 AM	EOA	EOA	EOA	EOA	EOA		
7 - 8 AM	EOA	METCON	EOA	METCON	EOA		
9:15 - 10:15 AM		METCON			METCON		
10 - 11AM						METCON	
11AM-12PM							
1 - 3PM							OLYMPIC LIFTING
2 - 4PM						OLYMPIC LIFTING	
4 - 5PM							
5 - 6PM	EOA	EOA	EOA	EOA	OLYMPIC LIFTING 4:30-6:30		
6 - 7PM	BARBELL CLUB		EOA BURN   KICK CARDIO CORE				
7 - 9PM	OLYMPIC LIFTING	OLYMPIC LIFTING	OLYMPIC LIFTING				

>>>> KICK CARDIO CORE BEGINS WEDNESDAY NOVEMBER 23 @ 6PM with coach Sonya