

WEEKLY SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00	Functional Strength	Functional Strength	Functional Strength	Functional Strength	Functional Strength		
5:30	Hybrid Training	Hybrid Training	Hybrid Training	Hybrid Training	Hybrid Training		
6:15	Functional Strength	Functional Strength	Functional Strength	Functional Strength	Functional Strength		
7:30						HYROX	
8:00	Hybrid Training	Hybrid Training	Hybrid Training	Hybrid Training	Hybrid Training	Functional Strength	
8:30						Hybrid Training	
9:30	Functional/ Hybrid	Functional/ Hybrid	Functional/ Hybrid	Functional/ Hybrid	Functional/ Hybrid		Open Gym 9:00am to 2:00pm
12:00			Thrive 45			Open Gym Until 2:00pm	
4:00	Functional Strength	Functional Strength	Functional Strength	Functional Strength			
4:30					Functional/ Hybrid		
5:30	Functional/ Hybrid	Functional/ Hybrid	Functional/ Hybrid	Functional/ Hybrid			