

## HOURS OF OPERATION:

**MONDAY 5:30-9:00**

**TUESDAY 5:30-9:00**

**WEDNESDAY 5:30-9:00**

**THURSDAY 5:30-9:00**

**FRIDAY 5:30-7:00**

**SATURDAY 7:00-4:00**

**SUNDAY 8:00-1:00**



## PIT CLASSES:

**WORKOUT OF THE DAY**

**KETTLEBELL SKILLS**

**YOGA AND STRETCHING**

**OLYMPIC POWERLIFTING SKILLS**

**Notes:**

**Guest Pass:**