

WEEKLY SCHEDULE – Individual Strength & Cardio Pods



SUN – 13

MON – 14

TUES – 15

WED – 16

THU – 17

FRI – 18

SAT – 19

10:30AM
ATHLETIC

11:00AM
ATHLETIC

12:00PM
ATHLETIC

12:00PM
ATHLETIC

12:30PM

1:15PM

1:30PM

1:30PM

1:45PM

1:45PM

2:30PM

2:45PM

2:45PM

3:00PM

3:00PM

3:45PM

4:00PM

4:00PM

5:00PM

5:15PM

5:45PM

6:15PM

6:30PM

NOTE: all time slots are 60 minutes