

S3 Class Schedule

(Runs October 2019 - March 2020)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.		Hybrid Strength Training		Hybrid Strength Training	Hybrid Strength Training		
7:00 a.m.		S3 Bootcamp		S3 Bootcamp			
8:00 a.m.	Hybrid Strength Training	Hybrid Strength Training	Hybrid Strength Training	Hybrid Strength Training	Hybrid Strength Training		
9:00 a.m.	Hybrid Strength Training		Hybrid Strength Training		Hybrid Strength Training	S3 Bootcamp	
12:00 p.m.		Hybrid Strength Training		Hybrid Strength Training			
4:00 p.m.					Hybrid Strength Training		
5:00 p.m.	Hybrid Strength Training	Hybrid Strength Training	Hybrid Strength Training	Hybrid Strength Training			
6:00 p.m.	Hybrid Strength Training	Hybrid Strength Training	Hybrid Strength Training	Hybrid Strength Training			
7:00 p.m.	S3 Bootcamp		S3 Bootcamp				

Hybrid Strength Training: Our group strength program has two tracks: strength and body comp. With these options we can accommodate anyone's goals, injury history, and ability level. Groups are capped at 9 people per session so you will get plenty of personal attention.

S3 Bootcamp: A fast paced workout for any fitness level. Different programming every class. Bootcamps are challenging and fun!