



BECAUSE HEALTH

ATHLETICS

November 17- March 2026

Winter Schedule

	Monday	Tuesday	Wed	Thurs	Friday	Sat	Sunday
6:30	CrossTrain	CrossTrain	CrossTrain		CrossTrain		
8:00	She Shred		She Shred		She Shred	She Shred	
9:00	CrossTrain	CrossTrain	CrossTrain	CrossTrain	CrossTrain	CrossTrain	
10:30						Kids	
4:30	CrossTrain	CrossTrain	CrossTrain	CrossTrain	CrossTrain		
6:00	She Shred	She Shred	She Shred	She Shred	She Shred (5:30)		
7:00		Yoga		Yoga			
7:30							