



CLASS SCHEDULE

STARTING WEEK OF 9/28

TRAIN • GROW • BELONG

STRONGER
PEOPLE
HAPPIER
COMMUNITY

A STRONGER
YOU STARTS
HERE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 AM - 7:00 AM GROUP FITNESS COACH TATIANA		6:00 AM - 7:00 AM GROUP FITNESS COACH TATIANA		10:30 AM - 11:30 AM STRENGTH & CONDITIONING COACH MATT	CLOSED
	11:30 AM - 12:30 PM GROUP FITNESS COACH LYNNE	11:30 AM - 12:30 PM GROUP FITNESS COACH LYNNE	11:30 AM - 12:30 PM GROUP FITNESS COACH LYNNE			REST RECOVERY RECHARGE
5:15 PM - 6:15 PM STRENGTH & CONDITIONING COACH MATT	5:15 PM - 6:15 PM STRENGTH & CONDITIONING COACH MATT	5:15 PM - 6:15 PM STRENGTH & CONDITIONING COACH MATT	5:15 PM - 6:15 PM STRENGTH & CONDITIONING COACH MATT	5:15 PM - 6:15 PM STRENGTH & CONDITIONING COACH MATT		
6:15 PM - 7:15 PM GROUP FITNESS COACH TATIANA		6:15 PM - 7:15 PM GROUP FITNESS COACH TATIANA				SEE YOU NEXT WEEK!



RESULTS
DRIVEN



CERTIFIED
COACHES

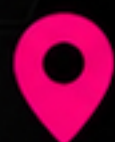


SUPPORTIVE
COMMUNITY



ALL FITNESS
LEVELS WELCOME

MORE THAN A GYM
A COMMUNITY



5316 N. Milwaukee Ave., Unit B
Chicago, IL 60630



info@saltperformancestudio.com



@saltperformancestudio

STRENGTH • AGILITY • LONGEVITY • TRANSFORMATION