

Traditional Strength

All Class Times

Mon, Wed, Fri

Private Sessions:

5:30-7am, 9am-2pm

Group Sessions:

7-9am, 3-9pm

Tue, Thur

Private Sessions:

5:30-10am

Group Sessions:

11am-1pm, 3-9pm

Saturdays

Private Sessions:

1:30pm-7pm

Group Sessions:

8:30am-1pm

Traditional Strength

Private Class Times

Mon, Wed, Fri

5:30-7am, 9-10:30am,
12:30-2pm

Tue, Thur

5:30-7am, 7-9am

Saturdays

1:30-3pm, 3:30-5pm

Traditional Strength

Group Class Times

Mon, Wed, Fri

7-9am, 3-5pm, 5-7pm,
7-9pm

Tue, Thur

11am-1pm, 3-5pm,
5-7pm, 7-9pm

Saturdays

8:30am-10:30am,
10:30am-1pm