



Spring 2018 Schedule (Effective February 2018)

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30	x	Adult Group Class	Adult Group Class	Adult Group Class	x	x
6:30-7:30	x	Adult Group Class		Adult Group Class	x	MM @ 6:30
7:30-8:30		Runner's Strength and Conditioning		Runner's Strength and Conditioning	JA + NP @ 7:30	Adult Group Class
8:30-9:30	Adult Group Class	Adult Group Class	CB, DB, NG @ 8:30	Adult Group Class	CB, DB, NG @ 8:30	High School S&C
9:30-10:30	x	JA + NP @ 9:30	CASE Collaborative 10:00-11:00	x	x	SOMA Powerlifting
10:30-11:30	x	x	x	x	x	10:00-11:00 ----- High School S&C
12:00-1:00	x	x	x	x	x	11:00-1:00
1:00-1:45	x	TS @ 1:30	x	TS @ 1:30	x	Clean (1:00)
1:45-2:45	CB + DB @ 1:30		x		x	x
2:45-3:45	Adaptive Group Class/ High School S&C	High School S&C	Adaptive Group Class/ High School S&C	High School S&C	Adaptive Group Class/ High School S&C	x
4:00-5:00	Youth Strength and Conditioning	High School S&C	7th/8th Grade Girls S&C/High School S&C	Youth Strength and Conditioning	7th/8th Grade Girls S&C/High School S&C	x
5:00-6:00	High School S&C	Clean	High School S&C	Clean	Clean (5:30)	x
6:00-7:00	Adaptive Group Class	x	Adaptive Group Class	x	x	x
7:00-7:30	Clean	x	Clean	x	x	x