

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
3 pm	FLEX HOUR	FLEX HOUR	FLEX HOUR	FLEX HOUR	FLEX HOUR	9 am	ABC
4 pm	Speed (14↓)	Strength (14↓)	Speed (14↓)	Strength (14↓)	Strength (14↑)	10 am	Strength (14↑) Speed (14↓)
5 pm	Strength (14↑)	Speed (14↑)	Strength (14↑)	Speed (14↑)		11 am	FLEX HOUR
6 pm	ABC	Speed (14↓)	ABC	Strength (14↓) ABC		12 pm	FLEX HOUR
7 pm	Strength (14↓)	Strength (14↑)	Strength (14↓)	Strength (14↑)			
8 pm	FLEX HOUR	FLEX HOUR	FLEX HOUR	FLEX HOUR			

Flex Hours are open to all members

PANKO Strength & Speed will remain open 10 minutes after the top of the hour for the last flex hour of each day, if there are no members by 10 minutes after, training is closed for the day