

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
4 pm					FLEX Strength	9 am	FLEX Strength
5 pm	Speed (13↓)	Strength (13↓)	Strength (13↓)	Speed (13↓)		10 am	FLEX Speed
6 pm	FLEX Strength	FLEX Strength	FLEX Strength	FLEX Strength			
7 pm	FLEX Speed		FLEX Speed				
8 pm							

Flex Hours are open to all members

****Schedule is subject to change**

*****Members must be present by 10 after the last hour of each day**