



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
--------	---------	-----------	----------	--------	----------

8:30 AM						Evolve Strength & Conditioning
9:30 AM	Evolve TRX Garage	Evolve Strength Garage	Evolve Conditioning Garage	Evolve Strength Garage	Evolve Conditioning Garage	
11:00 AM	Senior Conditioning	Senior TRX	Senior Strength & Fitness	Senior TRX		
11:30 AM					Senior Strength & Fitness	
6:30 PM	Evolve Conditioning Garage	Evolve Strength Garage	Evolve Strength & Conditioning Garage			