

Small Group Training Schedule

AUGUST 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM						Evolve Strength & Conditioning
9:30 AM	Strength & Conditioning Garage	LM Strength Development	Conditioning	LM Strength Development	Conditioning	
10:40 AM			LM Shapes		LM Shapes	
11:00 AM	Senior Conditioning	Senior TRX	Senior Strength & Fitness	Senior TRX		
11:30 AM					Senior Strength & Fitness	
6:30 PM	Conditioning	LM Shapes	LM Strength Development			

