



clubworx.net

## Small Group Training Schedule

2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM						Strength & Conditioning (Garage)
9:30 AM	Strength & Conditioning (Garage)	LM Strength Development (Garage)	Conditioning (Garage)	LM Strength Development (Garage)		Athletic Development (Perf 2)
10:35 AM					LM Shapes (Garage)	
11:00 AM	Senior Conditioning (Perf 2)	Senior TRX (Perf 2)	Senior Strength & Fitness (Perf 2)	Senior TRX (Perf 2)	Senior Strength & Fitness (Perf 2)	
11:30 AM						
12:00 PM	Senior Thrive (Perf 2)		Senior Conditioning (Perf 2)		Senior Conditioning (Perf 2)	
12:30 PM						
6:30 PM	Conditioning (Garage)	Strength & Conditioning (Garage)	LM Strength Development (Garage)			
7:30 PM		Athletic Development (Perf 2)		Athletic Development (Perf 2)		