			SCHEDULE			
			NG 2023-2024			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM			STRENGTH & BALANCE:		STRENGTH & BALANCE:	
	MASTERS		MASTERS		MASTERS	
8:00 AM	STRENGTH & BALANCE:		STRENGTH & BALANCE:		STRENGTH & BALANCE:	
	MASTERS		MASTERS		MASTERS	
9:30 AM	MOBILITY:		RECOVERY:			
	LOWER BODY		REST & ROLL			
10:30 AM						MOBILITY:
						GEN-FLEX
12:15 PM		STRENGTH:	FLEX:		STRENGTH:	CENTILEX
12.13 F W		CHEST & SHOULDERS	SPLITS & HIPS		BACK & SHOULDERS	
4:00 DM		CHEST & SHOULDERS	SFEITS & TIIFS		BACK & SHOOLDERS	
4:30 PM						
5:30 PM		FLEX:	STRENGTH:		BALANCE:	
	UPPER BODY	SPLITS & PIKES	CORE		HANDSTANDS 201	
6:30 PM	BALANCE:					
	HANDSTANDS 101					
STRENGTH &	An all levels fitness training	sessions that focuses on de	veloping better movement skills f	or everyday living. Learn	how to use your bodyweight,	
BALANCE: MASTERS					ned with common movement limita	itions in mind.
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MOBILITY:	A mobility class where every	thing is focused on stretchin	g and strenghtening the lower bo	dy Classes use a goal m	ovement in order to	
				iuy. Ciasses use a goai iii	overnent in order to	
LOWER BODY	assess progress such as squ	Jatting, lunging, crouching, c	crawling, and bending.			
MOBILITY:	A mobility class where every	thing is focused on stretchin	g and strenghtening the upper bo	ody. Classes use a goal m	ovement in order to	
UPPER BODY	assess progress such as rea	ching, hanging, pushing, an	d pulling.			
BALANCE:	A beginner friendly handstar	nd class where your led thro	ugh drills, exercises, and moves	that will prepare you well	for putting weight on your hands w	hile
HANDSTANDS 101	finding balance in new posit					
STRENGTH:	A fun and challenging works	ut decianed to build movem	ent skills such as handstands, sh	oulderstands nuch-une	line and other nuching	
				oulderstarids, pusir-ups, t	arps, and other pushing	
CHEST & SHOULDERS	movements that build streng	th and stability in the chest a	and shoulders.			
MOBILITY:				me of the day and run thre	ough a smart, safe, and supportive	series of stretches
GEN-FLEX	designed to target an area o	f the body or sought after me	ovement.			
FLEX:	A fun sequence of drills, stre	etches, and exercises geare	d towards developing full front sp	lits and more. Areas add	ressed through front splits	
SPLITS & PIKES	include the hamstrings, calv	es, and hip flexors.				
RECOVER:	A recovery session involving	quided use of self-massage	a taala ingluding massaga halla a			
REST & ROLL				nd foam rollers Self-myd	fascial release will be combined w	vith slow gentle and
KEST & KOLE				nd foam rollers. Self-myd	fascial release will be combined w	rith slow, gentle, and
	mindful movments in order	o promote integration and to		nd foam rollers. Self-myd	fascial release will be combined w	rith slow, gentle, and
		o promote integration and to	otal body relaxation.	·		rith slow, gentle, and
STRENGTH:		o promote integration and to		·		rith slow, gentle, and
STRENGTH: CORE		o promote integration and to	otal body relaxation.	·		rith slow, gentle, and
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	A conditioning class focused	o promote integration and to	otal body relaxation.	clude bodyweight and we	ighted exercises.	vith slow, gentle, and
CORE	A conditioning class focused	o promote integration and to d on building stronger abs, o ut designed to build movement	otal body relaxation. bliques, and lower back. Drills in ent skills such as pull-ups, musck	clude bodyweight and we	ighted exercises.	rith slow, gentle, and
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