

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

9:00 AM
STRIVE PUMP
Coach Frank

7:30 AM
STRIVE HYBRID
Coach Yassine

7:30 AM
STRIVE STARTER
Coach Yassine

7:30 AM
STRIVE HYBRID
Coach Yassine

7:30 AM
STRIVE STARTER
Coach Frank

7:30 AM
STRIVE HYBRID
Coach Yassine

1:00 PM
STRIVE PUMP
Coach Frank

9:30 AM
STRIVE PUMP
Coach Frank

2:30 PM
STRIVE PUMP /
STARTER
Coach Frank

9:30 AM
STRIVE PUMP
Coach Frank

2:30 PM
STRIVE PUMP /
STARTER
Coach Frank

9:30 AM
STRIVE PUMP
Coach Frank

3:00 PM
STRIVE POWER
Coach Abdul

2:30 PM
STRIVE FIT
Coach Frank

4:30 PM
STRONGMAN
FOUNDATION
Coach Kenneth

2:30 PM
STRIVE FIT
Coach Frank

4:30 PM
STRONGMAN
FOUNDATION
Coach Kenneth

2:30 PM
STRIVE FIT
Coach Frank

4:00 PM
MOBILITY RESET
Coach Lamine

4:30 PM
STRONGMAN
FOUNDATION
Coach Kenneth

5:30 PM
STRIVE FIT
Coach Khalil

4:00 PM
CALISTHENICS
Coach Lamine

5:30 PM
STRIVE FIT
Coach Khalil

4:30 PM
STRENGTH HIIT
Coach Kenneth

5:30 PM
CALISTHENICS
Coach Lamine

5:30 PM
CALISTHENICS
Coach Lamine

5:30 PM
CALISTHENICS
Coach Lamine

5:00 PM
STRENGTH HIIT
Coach Abdul

5:30 PM
CALISTHENICS
Coach Lamine

6:30 PM
CALISTHENICS
Coach Lamine

6:00 PM
STRONGMAN
FOUNDATION
Coach Kenneth

7:00 PM
CALISTHENICS
Coach Lamine

7:00 PM
CALISTHENICS
Coach Lamine

6:00 PM
CALISTHENICS
Coach Lamine

7:00 PM
CALISTHENICS
Coach Lamine

8:00 PM
STRIVE POWER
Coach Abdul

7:00 PM
STRIVE POWER
Coach Abdul

8:00 PM
STRIVE POWER
Coach Abdul

8:00 PM
STRIVE POWER
Coach Abdul

6:00 PM
MOBILITY RESET
Coach Kenneth

8:00 PM
STRIVE POWER
Coach Abdul