



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:30AM</b>	Metcon	Mixed Strength	Metcon	Mixed Strength	Metcon	
<b>6:30AM</b>	Metcon	Mixed Strength	Metcon	Mixed Strength	Metcon	
<b>8:00AM</b>	Mixed Strength	Metcon	Mixed Strength	Metcon	Mixed Strength	
<b>9:00AM</b>	Metcon	Mixed Strength	Metcon	Mixed Strength	Metcon	Metcon
<b>10:00AM</b>	Women's Strength	Metcon	Women's Strength	Metcon	Women's Strength	Mixed Strength
<b>11:00AM - 3:00PM</b>	By Special Appointment	By Special Appointment	By Special Appointment	By Special Appointment	By Special Appointment	
<b>4:00PM</b>						
<b>5:30PM</b>	Women's Strength	Men's Strength	Metcon	Metcon	Metcon	
<b>6:30PM</b>	Metcon	Metcon	Women's Strength	Men's Strength	Metcon	
<b>7:30PM</b>	Mixed Strength	Mixed Strength	Mixed Strength	Mixed Strength	Mixed Strength	

Sign up to become a member of The Garage to have access to these classes. Sign up for classes at our website or on the MindBody App.