



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

Look for the 😊 for our Intro to Strength Classes.