

ATHLETEX

Life is a Sport

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6a Functional Strength Nicole	6a Performance Facundo	6a Functional Strength Nicole	6a Performance Facundo	6a Functional Strength Nicole	
8a Functional Strength Miguel		8a Functional Strength Miguel		8a Functional Strength Miguel	9a Community Workout (Open to anyone with local ID)
9a Physique Abs & Glutes (30min) Miguel	9a Physique Abs & Glutes (30min) Kristy	9a Physique Abs & Glutes (30min) Miguel	9a Physique Abs & Glutes (30min) Kristy	9a Physique Abs & Glutes (30min) Miguel	
10a Women's Functional Performance Chelsey	9:30a Performance Jake	10a Women's Functional Performance Chelsey	9:30a Performance Miguel	10a Functional Strength Facundo	
12p Functional Strength Liam	12p Performance Liam	12p Functional Strength Jake	12p Performance Miguel	12p Functional Strength Liam	
5:15p Functional Strength Miguel	5:15p Performance Facundo	5:15p Functional Strength Miguel	5:15p Performance Facundo		
6:15p Physique Abs & Glutes Miguel	6:15p Physique Abs & Glutes (45min) Kristy	6:15p Physique Abs & Glutes Miguel	6:15p Physique Abs & Glutes (45min) Kristy		

New Schedule Starts May 5, 2025