

ATHLETEX

Life is a Sport

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6a Bootcamp	6a Altitude Barbell	6a Bootcamp	6a Altitude Barbell	6a Bootcamp	
7a Altitude Barbell	7a Altitude Barbell	7a Altitude Barbell	7a Altitude Barbell	7a Altitude Barbell	9a Community Bootcamp (Open to anyone with local ID)
8a Fun.Fit.		8a Fun.Fit.		8a Fun.Fit.	
9a Abs		9a Abs		9a Abs	
				11a Community Soundbath (Open to anyone with local ID)	
12p Altitude Barbell	12p Altitude Barbell	12p Altitude Barbell	12p Altitude Barbell	12p Altitude Barbell	
5:15p Fun.Fit.		5:15p Fun.Fit			

Looking for all of our amazing Yoga Classes?

Check out the Yoga Studio specific schedule