

ATHLETEX

Life is a Sport

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30a Outdoor Cycle		5:30a Outdoor Cycle		
6a Bootcamp	6a Altitude Barbell	6a Bootcamp	6a Altitude Barbell	6a Bootcamp	8a Cycle
7a Altitude Barbell	7a Altitude Barbell	7a Altitude Barbell	7a Altitude Barbell	7a Altitude Barbell	9a Community Bootcamp <small>(Open to anyone with local ID)</small>
7a Vinyasa (Lvl 2)	7a Slow Flow Yoga	7a Vinyasa (Lvl 2)	7a Slow Flow Yoga	7a Vinyasa (Lvl 2)	
8a Fun.Fit.	8a Bootcamp	8a Fun.Fit.	8a Bootcamp	8a Fun.Fit.	
	9a CorePower		9a CorePower		9a Community Vinyasa
8a Cycle	9:30a Restorative Yoga (Lvl 1)	8a Cycle	9:30a Restorative Yoga (Lvl 1)	8a Cycle	10:15a Community Yoga (Lvl 1) <small>(Open to anyone with local ID)</small>
9a Abs		9a Abs		9a Abs	
9:30a Asana HIIT		9:30a Asana HIIT		9:30a Asana HIIT	Sunday
12p Altitude Barbell	12p Altitude Barbell	12p Altitude Barbell	12p Altitude Barbell	11a Community Soma & Sound <small>(Open to anyone with local ID)</small>	
4p Kids Ninja	4p Youth Fitness	4p Kids Ninja	4p Youth Fitness	12p Altitude Barbell	10a Vinyasa (Lvl 2)
5p Altitude Barbell	5p Athletex Performance Training	5p Altitude Barbell	5p Athletex Performance Training		
5:15p Fun.Fit.		5:15p Fun.Fit			
6p Cycle		6p Cycle			
6p Power Vinyasa	5:30p Vinyasa (Lvl 2)	6p Power Vinyasa	5:30p Vinyasa (Lvl 2)		
7p SloFlo Yoga (Lvl 1)	6:15p Functional Athletex	7p SloFlo Yoga (Lvl 1)	6:15p Functional Athletex		
	6:30p SloFlo Yoga (Lvl 1)		6:30p SloFlo Yoga (Lvl 1)		