

ATHLETEX

Life is a Sport

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

Looking for all of our amazing Yoga Classes?

Check out the Yoga Studio specific schedule