

# 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   |
|                        | 6a Cycle                         |                        | 6a Cycle                         |   |  |
| 7a Altitude Barbell    | 7a Altitude Barbell              | 7a Altitude Barbell    | 7a Altitude Barbell              | 7a Altitude Barbell   | 9a Community Bootcamp<br><small>(Open to anyone with local ID)</small>         |
| 7a Vinyasa (Lvl 2)     |                                  | 7a Vinyasa (Lvl 2)     |                                  | 7a Vinyasa (Lvl 2)  |  |
| 8a Fun.Fit.            | 8a Bootcamp                      | 8a Fun.Fit.            | 8a Bootcamp                      | 8a Fun.Fit.   |  |
|                        | 9a CorePower                     |                        | 9a CorePower                     |   |  |
| 8a Cycle               | 9:30a Restorative Yoga (Lvl 1)   | 8a Cycle               | 9:30a Restorative Yoga (Lvl 1)   | 8a Cycle  | 10:15a Community Yoga (Lvl 1)<br><small>(Open to anyone with local ID)</small> |
| 9a Abs                 |                                  | 9a Abs                 |                                  | 9a Abs  |  |
| 9:30a AsanaHIIT        |                                  | 9:30a AsanaHIIT        |                                  | 9:30a AsanaHIIT   | <b>Sunday</b>  |
| 12p Altitude Barbell   | 12p Altitude Barbell             | 12p Altitude Barbell   | 12p Altitude Barbell             | 11a Community Pranayama Breathwork<br><small>(Open to anyone with local ID)</small> |  |
| 4p Kids Ninja          | 4p Youth Fitness                 | 4p Kids Ninja          | 4p Youth Fitness                 | 12p Altitude Barbell  | 10aVinyasa (Lvl 2)   |
| 5p Altitude Barbell    | 5p Athletex Performance Training | 5p Altitude Barbell    | 5p Athletex Performance Training |   |  |
| 5:15p Fun.Fit.         |                                  | 5:15p Fun.Fit          |                                  |   |  |
| 5p Cycle               |                                  | 5p 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        |   |  |