



SPRING BREAK SCHEDULE

MONDAY

5:30-6:30am	Muscle Hustle Full Body Viktor
8:30-9:00am	LIFT: Full Body Strength Mike
9:30-10:30am	Muscle Hustle Full Body Viktor

TUESDAY

5:30-6:30am	Team Endurance Viktor
6:45-7:45am	Team Endurance Stephanie
12:30-1:00pm	Lunch Time Power Viktor
6:00-7:00pm	Muscle Hustle Full Body Viktor

WEDNESDAY

5:30-6:30am	Muscle Hustle Upper Body Viktor
12:30-1:00pm	Lunch Time Power Viktor

THURSDAY

5:30-6:30am	HIIT (&) The Weights Viktor
8:30-9:15am	Circuit Training Viktor
12:30-1:00pm	Lunch Time Power Viktor
6:00-6:30pm	Power Up Viktor

FRIDAY

5:30-6:30am	Muscle Hustle Lower Body Viktor
8:00-8:30am	Core & More Luke
8:30-9:00am	LIFT: Full Body Strength Luke

SATURDAY

6:30-7:30am	Muscle Hustle Viktor
8:00-9:00am	Muscle Hustle Viktor

CARDIO & STRENGTH

TRX

STRENGTH

SCHEDULE STARTS 3/25/2024
Updated 3.20.24