



Gym Schedule - Adult Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM	4 Stack Combo	4 Stack Combo		Athletic Base Training Camp	4 Stack Combo		
8:00 AM	Athletic Base Training Camp	Balance & Strength		4 Stack Combo	Balance & Strength		
8:30 AM							
9:00 AM	4 Stack Combo	Athletic Core		Strength & Conditioning	Strength & Conditioning		
9:30 AM						Athletic Core	Sports Endurance
10:00 AM							
10:30 AM						Athletic Core	Sports Endurance
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM		4 Stack Combo	Mobility & Flexibility	Strength & Conditioning	Balance & Strength		
6:30 PM							
7:00 PM		Strength & Conditioning	Performance Workshop	Athletic Base Training Camp	Sports Endurance		
7:30 PM	4 Stack Combo						
8:00 PM							
8:30 PM							

<https://benswic.com/classes/adult-classes/>