

Daily Schedule: Big Room

Opening Time: 6:00 AM

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 AM	Strength Camp	Sports Performance	Strength Camp	Sports Performance	Strength Camp		
6:30 AM	6.00-6.45am	6.00-7.00am	6.00-6.45am	6.00-7.00am	6.00-6.45am		
7:00 AM						Sports Performance	
7:30 AM						7.00-8.00am	Sunday Club
8:00 AM						Strength Camp	7.30-8.30am
8:30 AM						8.00-8.45am	
9:00 AM						Kettlebells	
9:30 AM	Hybrid Athlete	Hybrid Athlete	Hybrid Athlete	Built By The Bell	Strongman	9.00-9.45am	
10:00 AM	9.30-10.30am	9.30-10.30am	9.30-10.30am	9.30-10.30am	9.30-10.30am	Hybrid Athlete	
10:30 AM						10.00-11.00am	HIIT of Mindfulness
11:00 AM	Strength Camp	Built By The Bell	Strength Camp	Hybrid Athlete	Strength Camp		10.30-11.15
11:30 AM	11.00-11.45am	11.00-12.00pm	11.00-11.45am	11.00-12.00	11.00-11.45am		Sunday Circuits
12:00 PM			Urban Fitness	Urban Fitness			11.30-12.30
12:30 PM			Personal Training	Personal Training			
1:00 PM	One O'Clock Club		Urban Fitness	Urban Fitness			
1:30 PM	1.00-2.00pm		Personal Training	Personal Training			
2:00 PM			Urban Fitness	Urban Fitness			
2:30 PM			Personal Training	Personal Training			
3:00 PM			Urban Fitness	Urban Fitness			
3:30 PM			Personal Training	Personal Training			
4:00 PM	SBD	Strongman	SBD	Strongman	SBD		
4:30 PM	4.00-5.00pm	4.00-5.00pm	4.00-5.00pm	4.00-5.00pm	4.00-5.00pm		
5:00 PM	Built By The Bell	Strength Camp	Built By The Bell	Strength Camp	F.A.F.		
5:30 PM	5.00-6.00pm	5.00-6.00pm	5.00-6.00pm	5.00-6.00pm	5.00-6.00pm		
6:00 PM	Strength Camp	Hybrid Athlete	Strength Camp	Hybrid Athlete	MOB		
6:30 PM	6.00-6.45pm	6.00-7.00pm	6.00-6.45pm	6.00-7.00pm	6.00-6.45pm		
7:00 PM	Urban Fitness	Urban Social	Kickboxing	Urban Fitness	Urban Fitness		
7:30 PM	Personal Training	7.00-8.00pm	7.00-8.00pm	Personal Training	Personal Training		
8:00 PM							
8:30 PM							