

TRAINING HOUSE

Athletic Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 – 7:00 AM	HIIT	BLACK BOARD	HIIT	BLACK BOARD	HIIT		CLOSED
7:00 – 8:00 AM	HIIT	BLACK BOARD	HIIT	BLACK BOARD	HIIT	BLACK BOARD	
8:00 – 9:00 AM	HIIT	BLACK BOARD	HIIT	BLACK BOARD	HIIT	BLACK BOARD	
9:00 – 10:00 AM	HIIT	OPEN GYM	HIIT	OPEN GYM	HIIT	BLACK BOARD	
10:00 – 11:00 AM		OPEN GYM		OPEN GYM			
11:00 – 12:00 PM		OPEN GYM		OPEN GYM			
12:00 – 1:00 PM	BY APPOINTMENT: PERSONAL TRAINING, SMALL GROUP TRAINING AND BOXING						
1:00 – 2:00 PM							
2:00 – 3:00 PM							
3:00 – 4:00 PM							
4:00 – 5:00 PM	STUDENT ATHLETE TRAINING WITH: COACH DAVID, COACH CAM, COACH PJ AND COACH JAMES						
5:00 – 6:00 PM							
6:00 – 7:00 PM							
7:00 – 8:00 PM							

Hours of Operation

Mon-Thurs 6AM-8PM
 Friday 6AM-5PM
 Saturday 7AM-12PM
 Sunday CLOSED

Trainer Contact Information (please text or DM)

Al	(443) 622-1998	Angelo	(443) 762-0054
Kenya	(443) 916-4635	Sally	(410) 207-3408
Sam	(719) 237-6190	Kidar	(908) 416-8981
David	(919) 357-7205	James	📷 DM @mrtrained2go_
Cam	(443)844-6511	PJ	📷 DM @footdoctor_pj