

# ELEVATE CLASS

## SCHEDULE

|                 | <b>SUNDAY</b> | <b>MONDAY</b> | <b>TUESDAY</b>  | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b>         | <b>SATURDAY</b>    |
|-----------------|---------------|---------------|-----------------|------------------|-----------------|-----------------------|--------------------|
| <b>6:00 AM</b>  |               | CONDITIONING  | STRENGTH-PULL   |                  | STRENGTH-PUSH   | ATHLETIC CONDITIONING |                    |
| <b>8:15 AM</b>  |               |               |                 |                  |                 |                       |                    |
| <b>9:15 AM</b>  |               | CONDITIONING  | STRENGTH-PULL   | CONDITIONING     | STRENGTH-PUSH   | ATHLETIC CONDITIONING | STRENGTH-FULL BODY |
| <b>10:15 AM</b> |               |               |                 |                  |                 |                       | MOBILITY & CORE    |
| <b>11:30 AM</b> |               |               | MOBILITY & CORE |                  | MOBILITY & CORE |                       |                    |
| <b>12:15 PM</b> |               | CONDITIONING  | STRENGTH-PULL   | CONDITIONING     | STRENGTH-PUSH   | ATHLETIC CONDITIONING |                    |
| <b>4:30 PM</b>  |               | CONDITIONING  | STRENGTH-PULL   | CONDITIONING     | STRENGTH-PUSH   |                       |                    |
| <b>5:30 PM</b>  |               | CONDITIONING  | STRENGTH-PULL   | CONDITIONING     | STRENGTH-PUSH   | ATHLETIC CONDITIONING |                    |