

TEAM TRAINING SCHEDULE



STRENGTH	CONDITIONING	HYROX	HYBRID	STUDIO	XPRESS HYBRID
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	MON	TUE	WED	THU	FRI	SAT
MORNING	5:00 STRENGTH LAB	5:00 METCON FLEX	5:00 STRENGTH LAB	5:00 METCON FLEX	5:00 STRENGTH LAB	7:00 METCON FLEX
	6:00 JOLT CLASSIC	6:00 🔥 JOLT BARRE 30	6:00 JOLT CLASSIC	6:00 🔥 JOLT BARRE 30	6:00 JOLT CLASSIC	7:00 KB INSANITY
	6:30 HYROX	6:30 UNIQUE WOD BELLS 30	6:30 HYROX	6:30 UNIQUE WOD 30	6:30 UNIQUE WOD KB	8:00 CORE CENTRIC
		7:00 STRENGTH LAB		7:00 STRENGTH LAB	8:30 JOLT BOX	8:30 HYROX 75
	9:30 JOLT IRON TREAD		9:30 JOLT STRENGTH		9:30 JOLT CLASSIC	9:15 JOLT CLASSIC
	10:30 JOLT BARRE	10:00 JOLT STRENGTH	10:30 FIT MAMA	10:00 KB INSANITY	10:30 FIT MAMA BARRE	9:45 CORE FLEX
AFTERNOON / EVENING		3:15 METCON FLEX		3:15 JOLT BOX		SUN
	4:15 METCON FLEX	4:30 UNIQUE WOD BURN	4:15 STRENGTH LAB	4:30 UNIQUE WOD BURN		8:00 QUICK HIIT
	4:30 JOLT IRON TREAD	4:30 JOLT STRENGTH		4:30 JOLT STRENGTH	4:30 JOLT CLASSIC	8:00 FIT MAMA
	5:30 JOLT BARRE	5:30 JOLT RESTORE 30	5:30 JOLT HYROX	5:30 JOLT RESTORE 30	5:30 QUICK HIIT	8:30 BOX FIT
	5:30 UNIQUE WOD MAX	6:00 QUICK HIIT	5:30 UNIQUE WOD MAX	6:00 BOX FIT		9:00 🔥 JOLT BARRE
	6:30 JOLT BOX	6:30 BOX FIT	6:45 HYROX 75			9:30 SPARTAN BOOST

*CLASSES WITH CONSISTENT LOW ATTENDANCE ARE SUBJECT TO CHANGE. | 🔥 MEANS THE ROOM IS HEATED TO 90 DEGREES.

TEAM TRAINING



BENCH PRESS BADDIE • MAR 1 - MAY 23 • PRESS ERA

• 12-Week Strength & Performance Program •

TRAINING GOALS: Run/Walk 1 mile best, or furthest distance in 12 minutes • 1000m Row Bench • Press 12 rep max

ASSESSMENT WEEK

March 1-7

MON-TUE	Bench Press 12 Rep Max	WED-THU	1000M Row	FRI-SAT	Run/Walk 1 mile best of 12 min furthest
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MON	Chest + Delts	TUE	Back + Tris	WED	Legs	THU	Arms	FRI	Trunk + Unilateral	SA-SU	HIIT + Mobility
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PHASE 1: BASE

March 8-28

PROGRESSION FOCUS: Increase Volume

MON	Upper Anterior	TUE	Upper Posterior	WED	Lower Anterior	THU	Lower Posterior	FRI	Trunk + Unilateral	SA-SU	HIIT + Mobility
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PHASE 2: BUILD

March 29-April 18

PROGRESSION FOCUS: Increase Load

DELOAD WEEK

April 19-25

MON-TUE	LOWER	WED-THU	UPPER	FRI-SAT	TOTAL
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MON	Total Anterior A	TUE	Total Anterior B	WED	Total Posterior A	THU	Total Posterior B	FRI	Stability	SA-SU	HIIT + Mobility
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PHASE 3: REINFORCE

April 26-May 23

PROGRESSION FOCUS: Increase Frequency + Lock In. Test Week 11: May 11-17

JOLT

Classic: 3 stations; row, tread, strength, equal intervals. A high energy class that will test your cardio and strength endurance. Based on true periodization training with proven methods and techniques to provide max results.

Strength: Minimal cardio, maximum strength. Progressive strength programming will teach beginners proper lifting techniques while allowing advanced lifters to hit new personal best.

Box: Bring your gloves and get ready to sweat it out and punch it out in this high intensity, heart pumping, energetic class.

Barre: Heated, low impact, high intensity class. A low impact, high intensity class that focuses on muscular endurance and stabilization. Sweat it out and stretch it out at the barre.

Restore: Time to focus. 30 minutes to stretch out, mellow out and focus on breathwork. Recover so you can train harder.

IRON TREAD

Push your limits in this fast-paced 45-minute class that blends treadmill intervals with strength circuits. Whether you run, jog or walk, this workout is built for all levels. Boost your endurance, build strength and burn serious calories every time you show up

KB INSANITY

Challenge yourself in this boot-camp style class that uses kettlebell movements to target your entire body. Build strength, endurance, power and core-stability-all in one high-intensity workout. All fitness levels welcome. Let's HIIT the Bells

FIT MAMA

Specifically designed to support Moms on their postpartum journey, be it 6 weeks or 20 years out. A total strength class that improves endurance and pelvic stability. Get fit and build a sense of community with other Mamas! All fitness levels welcome.

JOLT STUDIO CLASSES

STRENGTH LAB

Built around the Big 3 — squat, deadlift, and bench press. This structured strength session uses progressive loading and focused accessory work to increase power, build muscle, and refine technique.

HYROX

Push your limits in this high-performance training class inspired by the global HYROX fitness competition. Designed to build strength, endurance, and athletic power, HYROX combines functional movements, cardiovascular conditioning, and performance-driven circuits in a structured format. Whether you're preparing for a HYROX event or just looking to train like an athlete, this class will challenge every level and deliver serious results in a race-against-the-clock style environment. All fitness levels welcome. Modifications available.

METCON FLEX

Turf-based conditioning meets intentional recovery. This high-energy session blends metabolic circuits — think sleds, carries, strength, and athletic intervals — with guided flexibility and mobility work to finish.

QUICK HIIT

Fast paced, endurance building 30 minutes class. We'll push the limits and get fired up getting you ready for whatever comes next.

UNIQUE WOD

UNIQUE WOD is Unique Fitness' signature high-intensity strength and conditioning class. Every session delivers a new "Workout of the Day" (WOD) combining functional strength training, cardio, and athletic drills to challenge your entire body. No two workouts are the same - you'll lift, push, jump, sprint, and sweat through dynamic, constantly varied routines.

SPARTAN BOOST

Elevate your endurance and grit. This class blends athletic intervals, strength circuits, carries, sled work, and functional training to prepare you for your favorite outdoor challenges — from runs to Spartan-style events and everything in between. Train as a team. Build real-world strength.

CORE CENTRIC

Challenges balance, builds unilateral strength, and activates your core through controlled, stability-driven movements. Expect intentional tempo work, total-body engagement, and exercises that improve coordination and control. Stronger core. Better balance. More control in every lift.

BOX FIT

A fun, high-intensity boxing workout for total-body conditioning. You'll hit the bag, work combos, drills, and core-all while building strength and endurance. Gloves and wraps required. All levels welcome.

TURF CLASSES

A Personal Performance Monitor ensures that you are working to your fullest potential, knowing when to push more or reserve your energy. It's important to know how your heart rate impacts the end results of your training, no matter which class you take.

During Team Training classes, your coaches and trainers will educate you on why it's important to understand this heart rate response and how it relates to the specific goals of the class format and of you as an individual. We strongly recommend purchasing one of the models below at the reception desk or you can choose to rent them for each class for just \$5.

Please see a staff member for more details.

