

TEAM TRAINING SCHEDULE

STARTS MONDAY JUNE 1



	STRENGTH	CONDITIONING	STRENGTH ENDURANCE_METCON	ATHLETIC-RACE FOCUSED TRAINING	MOBILITY STRENGTH_STABILITY	
	MON	TUE	WED	THU	FRI	SAT
MORNING	5:00 BUILD	5:00 HYBRID	5:00 BUILD	5:00 HYBRID	5:00 BUILD	7:00 HYBRID
	6:00 JOLT	6:00 PILATES 🔥	6:00 JOLT	6:00 BARRE 🔥	6:00 JOLT	7:00 KB INSANITY
	7:00 BUILD	7:00 BUILD		7:00 BUILD		8:30 HYBRID-HYROX 75
						9:15 JOLT
	9:30 IRON TREAD ✨		9:30 JOLT		9:30 JOLT	
	10:30 PILATES 🔥	10:00 JOLT	10:30 FIT MAMA BUILD	10:00 KB INSANITY	10:30 FIT MAMA BUILD	
		11:00 FIT MAMA HYBRID ✨		11:00 YOGA 🔥 ✨		
AFTERNOON/EVENING						SUN
		3:45 JOLT ✨		3:45 JOLT ✨		7:00 YOGA 🔥
	4:15 HYBRID		4:15 BUILD			8:00 FIT MAMA HYBRID
	4:30 IRON TREAD ✨	4:30 HYBRID	4:30 BARRE HIIT	4:30 HYBRID	4:30 JOLT	9:00 BARRE 🔥
	5:30 BUILD	5:30 PILATES 🔥	5:30 BUILD	5:30 JOLT		
	6:30 PILATES 🔥	6:30 JOLT-HYROX	6:30 BARRE 🔥	6:30 JOLT ✨		
	LOWER	CARRY + TRUNK	LOWER	POWER + ROTATION	UPPER	TOTAL BODY

CLASSES WITH CONSISTENT LOW ATTENDANCE ARE SUBJECT TO CHANGE | 🔥 MEANS THE STUDIO IS HEATED TO 85-95 DEGREES

✨ MEANS CLASS IS 45 MINUTES LONG

TEAM TRAINING SCHEDULE



SNATCHED & STACKED • MAY 25 - SEP 13

• 16-Week Strength Program •

TRAINING GOALS: Increase 3-5 rep max on Snatch + Trap Bar Deadlift and the 300m Row or Ski

16 WEEK SNATCHED AND STACKED

KICKING OFF MAY 25

TRUNK
HYPERTROPHY

CORE
CONTROL

EXPLOSIVE
POWER

4-PHASED PROGRESSIVE OVERLOAD

1 FOUNDATION Complete assessment, build stability and improve movement quality	2 FORCE PRODUCTION Develop power, explosiveness and intensity	3 CONTROL Put it together. Connect strength, power and control under heavier loads	4 FINALE Show up, perform, test, level up
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ASSESSMENT WEEK OF JUNE 1
TEST WEEK OF SEPTEMBER 7

SET NEW BEST IN

3-5 Rep Max **Trap Bar Deadlift**
300m **Ski/Row**
3-5 Rep Max **Power Snatch**

TRAIN SMART. MOVE BETTER. PERFORM AT YOUR BEST
MUST BE VIP TO PARTICIPATE

JOLT STUDIO CLASSES

JOLT	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.
IRON TREAD	A two station take on our standard Jolt class. 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	Made for Moms of all stages, all ages, to come together and support each other in a Fit Community. Improve endurance and pelvic stability. All fitness levels. No baby, no problem, all women are welcome so long as you keep in mind this is a safe space were we can discuss all parts of motherhood, the good, the bad, and the icky. On Build days we have field trips out on to the Turf
PILATES - BARRE • YOGA	Room gently heated to 85-90 degrees. Focus on muscular endurance and stabilization. Think high repetition, isometrics, shakes and a whole lot of burn.

TURF CLASSES

BUILD	This structured strength session uses progressive loading and focused accessory work to increase power, build muscle, and refine technique.
HYBRID	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 and sweat through dynamic, constantly evolving routines.
HYBRID-HYROX	Our Hybrid class on a bigger community based scale. Show up with your bestie and get ready to partner up and beat out the competition-be that other members or yesterdays version.



A Personal Performance Monitor insures that you are working out 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 to the side 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.