

# AUGUST SCHEDULE

\*STARTING AUGUST 5TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Barbell (Logan)</b> Deadlift Day 5:30 - 6:30am	<b>Barbell (Justin)</b> Bench Press Day 5:30-6:30am	<b>Primal Conditioning</b> 5:30 - 6:00am	<b>Barbell (Justin)</b> Squat Day 5:30-6:30am	<b>Primal Conditioning</b> 5:30 - 6:00am	
<b>Barbell (Justin)</b> Deadlift Day 7:00-8:00am	<b>Movement &amp; Mobility</b> 6:30-7:00am	<b>Barbell (Justin)</b> Bench Press Day 7:00-8:00am	<b>Movement &amp; Mobility</b> 6:30-7:00am	<b>Barbell (Justin)</b> Squat Day 7:00-8:00am	<b>Barbell (Justin)</b> Overhead Press 8:00-9:00am
<b>Primal Conditioning</b> 12:00-12:30pm	<b>Kettlebell</b> 7:00-8:00am	<b>Primal Conditioning</b> 12:00-12:30pm	<b>Kettlebell</b> 7:00-7:30am	<b>Primal Conditioning</b> 12:00-12:30pm	<b>Stick Mobility</b> 9:00-10:00am
<b>Kettlebell</b> 5:00-5:30pm	<b>Mobility Prep</b> 5:00pm-5:30pm	<b>Kettlebell</b> 5:00-6:00pm	<b>Mobility Prep</b> 5:00pm-5:30pm		<b>Barbell (Justin)</b> Overhead Press 10:00-11:00am
<b>Barbell (Justin)</b> Deadlift Day 5:30pm - 6:30pm	<b>Barbell (Justin)</b> Bench Press Day 5:30-6:30pm	<b>Mobility &amp; Movement</b> 6:00-7:00pm	<b>Barbell (Justin)</b> Squat Day 5:30-6:30pm		
<b>Movement &amp; Mobility</b> 6:30-7:00pm	<b>Primal Conditioning</b> 6:30-7:00pm		<b>Primal Conditioning</b> 6:30-7:00pm		

**\*Manned Desk Hours:**

M-F - 6:00am - 6:30pm

Sat: 8:00am-11:30am

Sun: By Appointment Only

**\*\*Members & Trainers will NOT open the door to you when the desk is unmanned\*\***

**Please call 970-773-5566 for help or for membership info**