



FITNESS

# OPTIMUM GRADE FITNESS

PAIN-FREE MOVEMENT & PERFORMANCE

“Move better, feel better, live better.”

# CLASS SCHEDULE

CONTACT US TO BOOK YOUR FIRST CLASS FREE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00am HIIT</p> <p><b>BOOK HERE</b></p> 	<p>6:00am Strength &amp; Mobility</p> <p>9:00am Active OGS</p> <p>10:00am HIIT</p> <p>6:00pm Strength Training</p> <p>7:15pm Strength, Power, Burn</p>	<p>5:00am Early Bird Burn</p> <p>7:00am Strength Training</p> <p>3:30pm Strength Training (Youth 13-19)</p> <p>5:30pm HIIT</p> <p>6:30pm Strength &amp; Mobility</p>	<p>5:00am Early Bird Burn</p> <p>6:00am Strength &amp; Mobility</p> <p>9:00am Active OGS</p> <p>10:00am HIIT</p> <p>6:00pm Strength Training</p> <p>7:15pm Strength, Power, Burn</p>	<p>5:00am Early Bird Burn</p> <p>7:00am Strength Training</p> <p>3:30pm Strength Training (Youth 13-19)</p> <p>5:30pm HIIT</p> <p>5:30pm Pediatric Fitness 5-10</p> <p>6:30pm Stability &amp; Mobility</p>	<p>6:00am Strength &amp; Mobility</p> <p>9:00am Active OGS</p> <p>5:30pm Lower Body Build</p> <p>7:15pm Strength, Power, Burn</p>	<p>8:00am HIIT</p> <p>10:00am HIIT</p>