



FITNESS

# WEEKLY SCHEDULE

FIRST CLASS IS FREE  
CLAIM IT ONLINE AT  
[WWW.OGFITNESSFL.COM](http://WWW.OGFITNESSFL.COM)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM		STRENGTH & MOBILITY LOWER BODY	STRENGTH & MOBILITY FULL BODY CONDITIONING		STRENGTH & MOBILITY UPPER BODY		
6:00 AM	STRENGTH & MOBILITY FULL BODY	STRENGTH & MOBILITY LOWER BODY	STRENGTH & MOBILITY FULL BODY CONDITIONING	STRENGTH & MOBILITY UPPER BODY	STRENGTH & MOBILITY FULL BODY		
8:00 AM	STRENGTH & MOBILITY FULL BODY	STRENGTH & MOBILITY LOWER BODY	STRENGTH & MOBILITY FULL BODY CONDITIONING	STRENGTH & MOBILITY UPPER BODY	STRENGTH & MOBILITY FULL BODY	HIIT	
9:00 AM	ACTIVE OG'S		ACTIVE OG'S		ACTIVE OG'S	SATURDAY STRENGTH	CORE & MORE
11-4 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM 10 AM - 12PM	
4:00 PM	MAKING MUSCLES MASTERCLASS LB		MAKING MUSCLES MASTERCLASS UB		GLUTE GAINS		
4:30 PM		CORE & MORE		MAKING MUSCLES MASTERCLASS FB			
5:00 PM					HIIT		
5:30 PM		HIIT		HIIT			
6:00 PM	MAKING MUSCLES MASTERCLASS UB		MAKING MUSCLES MASTERCLASS LB		MAKING MUSCLES MASTERCLASS FB		BOOKING SITE
6:30 PM		STRENGTH & MOBILITY FULL BODY		STRENGTH & MOBILITY FULL BODY			
7:00 PM	GLUTE GAINS		CORE & MORE				
7:30 PM		MAKING MUSCLES MASTERCLASS UB		MAKING MUSCLES MASTERCLASS LB			

