

CLASS SCHEDULE

IN-GYM + LIVESTREAM

MONDAY

7:00 AM	Handstand Strength & Mobility
7:00 AM	Handstand Strength & Mobility LIVESTREAM
6:00 PM	Rings Beginner: Prepping for Higher Level Skills
6:00 PM	Rings Beginner: Prepping for Higher Level Skills LIVESTREAM
7:15 PM	Press Handstand

TUESDAY

8:00 AM	Gymnastic Strength Training LIVESTREAM
6:00 PM	Lower Body Strength & Mobility
7:15 PM	Gymnastic Strength Training

WEDNESDAY

7:00 AM	Splits Strength
7:00 AM	Splits Strength LIVESTREAM
6:00 PM	Handstand Balance & Alignment
7:15 PM	Rings Advanced LIVESTREAM
8:20 PM	Recovery for GST
8:20 PM	Recovery for GST LIVESTREAM

THURSDAY

8:00 AM	Lower Body Strength & Mobility LIVESTREAM
6:00 PM	Gymnastic Strength Training
7:15 PM	Kinstretch for GST

FRIDAY

7:00 AM	Gymnastic Strength Training
7:00 AM	Spinal Strength & Mobility LIVESTREAM
6:00 PM	Shoulder Strength & Mobility
7:15 PM	GST Intermediate: L-Sits & Planches

SATURDAY

8:15 AM	Gymnastic Strength Training
8:30 AM	Splits Strength LIVESTREAM
9:30 AM	Rings Intermediate: Muscleups, Levers & Inversions
9:35 AM	Handstand Balance & Alignment LIVESTREAM
10:45 AM	Lower Body Strength & Mobility
12:00 PM	Handstand Balance & Alignment
1:15 PM	Rings Intermediate: Muscleups, Levers & Inversions

SUNDAY

1:00 PM	Kettlebells for GST
2:15 PM	Spinal Strength & Mobility
3:30 PM	Splits Strength & Mobility