

IN GYM

MONDAY	6:00 PM	Ring Strength ✓
	7:15 PM	Advanced Handstand ✓
TUESDAY	6:00 PM	GST Foundations ①
	7:15 PM	GST Foundations ①
WEDNESDAY	7:15 PM	Ring Strength ✓
THURSDAY	6:00 PM	Handstand Strength & Mobility
	7:15 PM	Handstand Strength & Mobility
FRIDAY	6:00 PM	Shoulder Strength & Mobility ①
SATURDAY	8:30 AM	GST Foundations ①
	10:00 AM	Ring Strength ✓
	11:30 AM	Splits Strength ①
	1:00 PM	Ring Strength ✓
SUNDAY	1:00 PM	Spinal Strength & Mobility ①
	2:15 PM	Splits Strength ①
	3:30 PM	Kettlebell for GST