



# Summer 2021 Schedule:

## **STRENGTH**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>10:30am</b> Strength Performance	
<b>11:30am</b> Power Training	<b>11:30am</b> Strength Performance	<b>11:30am</b> Strength Performance	<b>11:30am</b> Power Training	<b>11:30am</b> Strength Performance	
<b>3:15pm</b> Strength Performance	<b>3:15pm</b> Power Training	<b>3:15pm</b> Strength Performance	<b>3:15pm</b> Strength Performance		
<b>4:30pm</b> Strength Performance			<b>4:30pm</b> Strength Performance (HUB Force Studio)		
	<b>5:30pm</b> Strength Performance	<b>5:30pm</b> Strength Performance	<b>5:30pm</b> Strength Performance		
				<p><i>Ask about scheduling an evaluation!</i></p> <p><i>All classes on the strength schedule are approximately 60 minutes in duration.</i></p> <p><i>Schedule effective June 7, 2021</i></p>	

**<https://www.otacfitness.com/programs/divergent/>**