



Fall 2021 Schedule: **STRENGTH**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:30pm Strength Performance (@ HUB Force Studio)	3:30pm Power Training	3:30pm Strength Performance (@ HUB Force Studio)	3:30pm Power Training	3:30pm Strength Performance	
4:30pm Strength Performance	4:30pm Strength Performance	4:30pm Strength Performance	4:30pm Strength Performance (@ HUB Force Studio)	4:30pm Strength Performance	
5:30pm Strength Performance		5:30pm Strength Performance	5:30pm 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 August 11, 2021</i></p>	

*Updated 9/24/2021

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