

# August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lower Conditioning & Wrath	1 Push Hypertrophy & Stability	2 Pull Hypertrophy & Core	3 Endurance & Arm Farm	4 Core & Stability	5 Total Body
6 Total Body (1 hour)	7 Push Conditioning & Core	8 HIIT & Arm Farm	9 Lower Conditioning & Wrath	10 Push Hypertrophy & Stability	11 Pull Hypertrophy & Core	12 Total Body
13 Total Body (1 hour)	14 Endurance & Arm Farm	15 Core & Stability	16 Push Conditioning & Core	17 HIIT & Arm Farm	18 Lower Conditioning & Wrath	19 Total Body
20 Total Body (1 hour)	21 Push Hypertrophy & Stability	22 Pull Hypertrophy & Core	23 Endurance & Arm Farm	24 Core & Stability	25 Push Conditioning & Core	26 Total Body
27 Total Body (1 hour)	28 HIIT & Arm Farm	29 Lower Conditioning & Wrath	30 Push Hypertrophy & Stability	31 Pull Hypertrophy & Core		



At 2110, our classes are offered numerous times throughout the day, with each day as a different primary focus. We specialize and focus our classes based off of the primary movements and metabolic conditioning. Each class is 45 minutes in duration.