

Art of Strength

TRAINING CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	Art of Strength Fundamentals 2		Art of Strength Fundamentals 1		Art of Strength Fundamentals 1	
9:30am	Art of Strength Fundamentals 1	Art of Strength Fundamentals 2	Art of Strength Fundamentals 1	Art of Strength "BRAND"	Art of Strength Fundamentals 2	
10:30am						Art of Strength Fundamentals 1
NOON	Art of Strength "BRAND"	Art of Strength Fundamentals 1		Art of Strength Fundamentals 2	Art of Strength Fundamentals 1	
4:30 PM	Art of Strength Fundamentals 2	Art of Strength Fundamentals 1	Art of Strength Fundamentals 2	Art of Strength Fundamentals 1	Art of Strength "BRAND"	
5:30 PM	Art of Strength Fundamentals 1	Art of Strength Fundamentals 2	Art of Strength Fundamentals 1	Art of Strength Fundamentals 1		
6:30 PM	Art of Strength Fundamentals 2	Art of Strength Fundamentals 1	Art of Strength "BRAND"	Art of Strength Fundamentals 1		
	Fundamentals 1: An introduction series to Art of Strength training at a pace that is conducive to both, our clients learning our training system and meeting our clients needs where they are.		Fundamentals 2: A more advanced style of training incorporating the F1 series and Kettlebell in which all attending clients have demonstrated a knowledge and physical ability for an instructor to progress them on.		"Brand" : A highly advanced class incorporating all levels of movements at some of our highest progressions. All clients have progressed through the F1 and F2 series:	