

FREERUN

MAIN: 905 812 5240 | 6593 KITIMAT RD, #2, MISSISSAUGA, L5N 4J4 | WWW.FREERUNINC.COM

HOURS: Mon - Thur 06:00am - 10:00pm · Fri 06:00am - 8:30pm · Sat & Sun 09:00am - 02:00pm

CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	Strength Upper Body	H.I.I.T	Strength Lower Body	H.I.I.T	Obstacle Conditioning		
10AM						The Beat Down (Members only)	H.I.I.T
11AM						Obstacle Conditioning	Obstacle Conditioning
12PM	Strength Upper Body	H.I.I.T	Strength Lower Body	H.I.I.T	Obstacle Conditioning	Technique Advancement (Members Only)	H.I.I.T
5:15PM	Savage Strength & Conditioning Upper Body	Savage Strength & Conditioning Lower Body	Obstacle Conditioning	Savage Strength & Conditioning Upper Body	Savage Strength & Conditioning Lower Body		
6:15PM	Obstacle Conditioning	H.I.I.T	H.I.I.T	H.I.I.T	H.I.I.T		
6:30PM		Ninja Jam (Members Only)					
7:30PM	Savage Strength & Conditioning Upper Body	Savage Strength & Conditioning Lower Body	Obstacle Conditioning	Savage Strength & Conditioning Upper Body	Savage Strength & Conditioning Lower Body		
8:30PM	Obstacle Conditioning	H.I.I.T	H.I.I.T	H.I.I.T			

**SPECIAL
CONSIDERATIONS:**

CLOSED - 30 March, Easter Friday

SURGE 04 - 24th March, Doors open 10am. Competition starts 11am.

* All classes are 60 min unless otherwise specified

** Members only (no drop-in's permitted)