

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)	Wolf Pack - IN (Members Only)
11AM						Obstacle Conditioning	Obstacle Conditioning
12PM	Strength Upper Body	H.I.I.T	Strength Lower Body	H.I.I.T	Obstacle Conditioning	H.I.I.T	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		
5:30PM				Wolf Pack - OUT (Members Only)			
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:

* All classes are 60 min unless otherwise specified

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