

APEX *schedule*

AT THE SPRING VALLEY Y

MONDAY



6:30AM
STRENGTH *with Micheal M.*

9:30AM
METCON *with Tara*

5:30PM
STRENGTH *with Karen.*
6:00PM
SPORTS *with Sean*
PERFORMANCE

TUESDAY



5:45AM
METCON *with Michelle G.*

5:45PM
METCON *with Stephanie*

WEDNESDAY



5:30AM
METCON *with Michelle M.*
6:30AM
STRENGTH *with Michelle M.*

9:30AM
METCON *with Michelle G.*

5:45PM
STRENGTH *with Stephanie*

THURSDAY



9:30AM
STRENGTH *with Sebastian*

6:00PM
SPORTS *with Sean*
PERFORMANCE

FRIDAY



5:30AM
METCON *with Stephanie*

6:30AM
STRENGTH *with Michelle G.*

SUNDAY



9:30AM
METCON *with Megan*

