

APEX *schedule*

AT THE SPRING VALLEY Y

MONDAY



**5:45AM
METCON**

with Michelle R.

**9:30AM
METCON**

with Tara

**6:00PM
SPORTS
PERFORMANCE**

with Sean

TUESDAY



**5:45AM
METCON**

with Michelle G.

WEDNESDAY



**5:30AM
METCON**

with Michelle M.

**9:30AM
METCON**

with Michelle G.

**5:45PM
METCON**

with Stephanie

THURSDAY



**9:30AM
STRENGTH**

with Sebastian

**6:00PM
SPORTS
PERFORMANCE**

with Sean

FRIDAY



**5:30AM
METCON**

with Stephanie

**6:30AM
STRENGTH**

with Michelle G.

SUNDAY



**9:30AM
METCON**

with Megan

