



## CLASS SCHEDULE

11511 S 42nd St. - Suite 106  
Bellevue, NE 68123  
402-502-4678

|          | Monday                  | Tuesday                 | Wednesday               | Thursday                | Friday                  | Saturday | Sunday |
|----------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|----------|--------|
| 5:00 am  | ASE                     | ASE                     | ASE                     | ASE                     | ASE                     | Closed   | Closed |
| 6:00 am  | Strength & Conditioning | Strength & Conditioning | Strength & Conditioning | Strength & Conditioning | Strength & Conditioning |          |        |
| 7:00 am  | Athlete Evolution       | Athlete Evolution       | Athlete Evolution       | Athlete Evolution       | Athlete Evolution       |          |        |
| 8:00 am  | Open Gym                | Open Gym                | Open Gym                | Open Gym                | Open Gym                |          |        |
| 9:00 am  | ASE                     | ASE                     | ASE                     | ASE                     | ASE                     |          |        |
| 10:00 am | Open Gym                | Open Gym                | Open Gym                | Open Gym                | Open Gym                | Closed   | Closed |
| 11:00 am | Open Gym                | Open Gym                | Open Gym                | Open Gym                | Open Gym                |          |        |
| 12:00 pm | Open Gym                | Open Gym                | Open Gym                | Open Gym                | Open Gym                |          |        |
| 1:00 pm  | Open Gym                | Open Gym                | Open Gym                | Open Gym                | Open Gym                |          |        |
| 2:00 pm  | Open Gym                | Open Gym                | Open Gym                | Open Gym                | Open Gym                |          |        |
| 3:00 pm  | Open Gym                | Open Gym                | Open Gym                | Open Gym                | Open Gym                |          |        |
| 4:00 pm  | Open Gym                | Open Gym                | Open Gym                | Open Gym                | Open Gym                |          |        |
| 5:00 pm  | Strength & Conditioning | Strength & Conditioning | Strength & Conditioning | Strength & Conditioning | Strength & Conditioning | Closed   | Closed |
| 6:00 pm  | Open Gym                | Open Gym                | Open Gym                | Open Gym                | Open Gym                |          |        |
| 7:00 pm  | Open Gym                | Open Gym                | Open Gym                | Open Gym                | Open Gym                |          |        |

■ ASE 
 ■ Strength & Conditioning 
 ■ Athlete Evolution 
  Open Gym 
  Closed

## CLASSES:

### Achieve Strength Endurance (ASE)

Start your day with a well-rounded class that gets you moving, motivated, and energized. ASE combines cardio, bodyweight movements, weights, and variable resistance to improve your endurance, mobility, and overall fitness. It's the perfect way to wake up your body, complete your workout early, and feel accomplished for the rest of the day. This class is well-suited for all ages, especially those looking to stay active, consistent, and strong for life.

**Sessions: Monday-Friday at 5:00am & 9:00am**

### Sports Strength & Conditioning (SSC)

Crush your fitness goals with this high-octane class that blends the best of functional training, athletic development, and intense full-body workouts. You'll build raw strength, explosive power, and lasting cardio endurance using barbells, dumbbells, kettlebells, sleds, sandbags, and much more. Whether you're training for your sport or just want to move and feel like an athlete, this class will push you to new levels. All ages welcome! Join this class if you're ready to be challenged.

**Sessions: Monday-Friday at 6:00am & Monday-Thursday at 4:30pm**

### Athlete Evolution

Build the foundation for athletic success in this high-energy class designed for young athletes new to training. Based on our SSC program and scaled for beginners, this class focuses on proper lifting mechanics, safe equipment use, and building a solid foundation in strength and movement. With hands-on coaching and progressive instruction, athletes develop the confidence, coordination, and skills they need to compete—and to advance in their sport.

**Sessions: Monday-Friday at 6:00am & Monday-Thursday at 4:30pm**