

CLASS SCHEDULE



MONDAY

4:00-6:00pm

Strength
Ambassadors
Upstairs

4:30-6:00pm

Strength Club/
Open Gym
Upstairs

6:00-7:00pm

Jan 5, 26
Zoe's Hour of Power
Upstairs

TUESDAY

4:00-6:00pm

Strength
Ambassadors
Upstairs

WEDNESDAY

4:00-6:00pm

Strength
Ambassadors
Upstairs

4:30-6:00pm

Strength Club/
Open Gym
Upstairs

6:30-8pm

Degrees of Freedom
Coach Parth
Upstairs and
Downstairs

THURSDAY

4:00-6:00pm

Strength
Ambassadors
Upstairs

7:00-8:00pm

Free Baltimore Yoga
Upstairs

FRIDAY

SATURDAY

10:00-11:30am

Community Boxing
Coach Ross
Upstairs

SUNDAY

7:30-9:00am

Community Health
Coach Chauncey
Outside

10:00-11:00am

Husky Boys
Coach Wes
Upstairs

KEY

Community Classes: Donation-based classes open to the community (suggested \$5-20)

Drop In Classes: Paid classes. Rates decided by coach

Youth Classes: Youth partners and youth only classes

Speciality Community Classes: Not available to public/gym members

MISSIONFIT
UPLIFTING
BALTIMORE

WEEKLY SCHEDULE