

ARENA SCHEDULE

[CLICK TO BOOK YOUR SESSION](#) (schedule subject to change)

MONDAY

- 10:00 am - Strength and Conditioning class
 - 12:00 pm - Police Prep Test with Coaching
 - 12:00 pm - Police Prep Test with Coaching + Shuttle Run
 - 1:30 pm - One on One Personal Training
 - 2:30 pm - Get Fit – Stay Fit fitness class
 - 4:00 pm - One on One Personal Training
 - 5:00 pm - Police Prep Test with Coaching
 - 5:00 pm - Police Prep Test with Coaching + Shuttle Run
 - 6:30 pm - Strength and Conditioning class
-

TUESDAY

- 10:00 am - Strength and Conditioning class
 - 12:00 pm - Police Prep Test with Coaching
 - 12:00 pm - Police Prep Test with Coaching + Shuttle Run
 - 1:30 pm - One on One Personal Training
 - 2:30 pm - Get Fit – Stay Fit fitness class
 - 4:00 pm - One on One Personal Training
 - 5:00 pm - Police Prep Test with Coaching
 - 5:00 pm - Police Prep Test with Coaching + Shuttle Run
 - 6:30 pm - Strength and Conditioning class
-

WEDNESDAY

- 10:00 am - Strength and Conditioning class
- 12:00 pm - Police Prep Test with Coaching
- 12:00 pm - Police Prep Test with Coaching + Shuttle Run
- 1:30 pm - One on One Personal Training
- 2:30 pm - Get Fit – Stay Fit fitness class

THURSDAY

- 10:00 am - Strength and Conditioning class
- 12:00 pm - Police Prep Test with Coaching
- 12:00 pm - Police Prep Test with Coaching + Shuttle Run
- 1:30 pm - One on One Personal Training
- 2:30 pm - Get Fit – Stay Fit fitness class
- 4:00 pm - One on One Personal Training
- 5:00 pm - Police Prep Test with Coaching
- 5:00 pm - Police Prep Test with Coaching + Shuttle Run
- 6:30 pm - Strength and Conditioning class

FRIDAY

- 10:00 am - Strength and Conditioning class
- 12:00 pm - Police Prep Test with Coaching
- 12:00 pm - Police Prep Test with Coaching + Shuttle Run
- 1:30 pm - One on One Personal Training
- 2:30 pm - Get Fit – Stay Fit fitness class

SATURDAY

- 8:00 am - Police Prep Test with Coaching
- 8:00 am - Police Prep Test with Coaching + Shuttle Run
- 9:00 am - Strength and Conditioning class