

# Farm Strong August 2015 Training Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM							
9:00 AM						Starting Aug 22	Starting Aug 23
10:00 AM						Olympic	Olympic
11:00 AM						Weightlifting	Weightlifting
12:00 PM							
1:00 PM					OPEN GYM		Farm Strong Weighlifting Workshop August 30th (9:00 a.m. to 4:00 p.m.)
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	OPEN GYM	Conditioning	OPEN GYM	Conditioning	OPEN GYM		
6:00 PM	Olympic	Olympic	Olympic	Olympic	Olympic		
7:00 PM	Weightlifting	Weightlifting	Weightlifting	Weightlifting	Weightlifting		
8:00 PM							

Olympic Weightlifting	2 hour fully coached training sessions, designed to increase an athletes power, speed, strength, and proficiency with weightlifting movements (snatch, clean and jerk).
Conditioning	One hour fully coached strength and conditioning classes, utilizing a variety of exercise methods, designed to aid in recovery, weightloss, and a healthy lifestyle.
OPEN GYM	Facility will be open for all members to use and train on their own.
Future Champs	Contact for more info.

Small Group & Privates	Workshops, Small Groups and Private sessions can be scheduled subject to coaches availability:
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[CONTACT](#)

\* members can reserve there spot in class, by signing in, with their included wodify membership.