



TRAINING ZONE SCHEDULE

5198 Riding Club Ln.
Columbus, OH 43213
614-861-6303

MON	TUE	WED	THU	FRI	SAT	SUN
<u>6AM - 7AM</u> CROSS TRAINING (Free)		<u>6AM - 7AM</u> CROSS TRAINING (Free)		<u>6AM - 7AM</u> CROSS TRAINING (Free)	<u>9AM - 10AM</u> CROSS TRAINING (Free)	
					<u>10AM - 11AM</u> POWER HOUR SATURDAYS Mike P. (Additional Fees)	
					<u>3PM - 5PM</u> X-FACTOR ELITE (Private)	
<u>5:30PM - 6:30PM</u> CROSS TRAINING (Free)	<u>5:30PM - 6:30PM</u> CROSS TRAINING (Free)	<u>5:30PM - 6:30PM</u> CROSS TRAINING (Free)	<u>5:30PM - 6:30PM</u> CROSS TRAINING (Free)			<u>4:30PM - 6PM</u> FOOTBALL TRAINING W/ ALONZO SAXTON (Private)
<u>7PM - 9PM</u> X-FACTOR ELITE (Private)	<u>6:30PM - 9PM</u> FOOTBALL TRAINING W/ ALONZO SAXTON (Private)	<u>7PM - 9PM</u> X-FACTOR ELITE (Private)				

****This schedule should not be mistaken for our hours of operation****

Effective 6/28/2022