



# TRAINING ZONE SCHEDULE

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

MON	TUE	WED	THU	FRI	SAT	SUN
<u>6AM - 7AM</u> <b>CROSS TRAINING</b> (Free)		<u>6AM - 7AM</u> <b>CROSS TRAINING</b> (Free)		<u>6AM - 7AM</u> <b>CROSS TRAINING</b> (Free)	<u>8AM - 9AM</u> <b>WIZARD WORKOUTS</b> Trainer Gage (Private)	
					<u>9AM - 10AM</u> <b>CROSS TRAINING</b> (Free)	
					<u>10AM - 11AM</u> <b>POWER HOUR SATURDAYS</b> Mike P. (Additional Fees)	
						<u>2PM - 6PM</u> <b>SP ELITE TRACK</b> Coach Alonzo (Private)
<u>5:30PM - 6:30PM</u> <b>CROSS TRAINING</b> (Free)	<u>5:30PM - 6:30PM</u> <b>CROSS TRAINING</b> (Free)	<u>5:30PM - 6:30PM</u> <b>CROSS TRAINING</b> (Free)	<u>5:30PM - 6:30PM</u> <b>CROSS TRAINING</b> (Free)		<u>3:45PM - 4:30PM</u> <b>CLUB OHIO</b> (Private)	
				<u>5:30PM - 8:30PM</u> <b>SP ELITE TRACK</b> Coach Alonzo (Private)		
<u>6:30PM - 8:30PM</u> <b>SP ELITE TRACK</b> Coach Alonzo (Private)	<u>6:30PM - 8:30PM</u> <b>SP ELITE TRACK</b> Coach Alonzo (Private)	<u>6:30PM - 8:30PM</u> <b>SP ELITE TRACK</b> Coach Alonzo (Private)	<u>6:30PM - 8:30PM</u> <b>SP ELITE TRACK</b> Coach Alonzo (Private)			

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

Effective 11/18/2022