



# TRAINING ZONE SCHEDULE

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

MON	TUE	WED	THU	FRI	SAT	SUN
<p><u>6AM - 7AM</u> <b>CROSS TRAINING</b> (Free)</p>		<p><u>6AM - 7AM</u> <b>CROSS TRAINING</b> (Free)</p>		<p><u>6AM - 7AM</u> <b>CROSS TRAINING</b> (Free)</p>	<p><u>8AM - 9AM</u> <b>WIZARD WORKOUTS</b> Trainer Gage (Private)</p> <p><u>9AM - 10AM</u> <b>CROSS TRAINING</b> (Free)</p> <p><u>10AM - 11AM</u> <b>POWER HOUR SATURDAYS</b> Mike P. (Additional Fees)</p>	<p><u>12PM - 2PM</u> <b>CLUB OHIO</b> (Private)</p> <p><u>2PM - 6PM</u> <b>SP ELITE TRACK</b> Coach Alonzo (Private)</p>
<p><u>5:30PM - 6:30PM</u> <b>CROSS TRAINING</b> (Free)</p>	<p><u>5:30PM - 6:30PM</u> <b>CROSS TRAINING</b> (Free)</p>	<p><u>5:30PM - 6:30PM</u> <b>CROSS TRAINING</b> (Free)</p>	<p><u>5:30PM - 6:30PM</u> <b>CROSS TRAINING</b> (Free)</p>		<p><u>3:45PM - 4:30PM</u> <b>CLUB OHIO</b> (Private)</p>	
<p><u>6:30PM - 8:30PM</u> <b>SP ELITE TRACK</b> Coach Alonzo (Private)</p>	<p><u>6:30PM - 8:30PM</u> <b>SP ELITE TRACK</b> Coach Alonzo (Private)</p>	<p><u>6:30PM - 8:30PM</u> <b>SP ELITE TRACK</b> Coach Alonzo (Private)</p>	<p><u>6:30PM - 8:30PM</u> <b>SP ELITE TRACK</b> Coach Alonzo (Private)</p>	<p><u>5:30PM - 8:30PM</u> <b>SP ELITE TRACK</b> Coach Alonzo (Private)</p>		

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

Effective 12/1/2022