

STALCUP'S GARAGE

WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY
5:30 - 6:15 AM OPEN GYM	5:30 - 7:45 AM OPEN GYM	5:30 - 6:15 AM OPEN GYM
6:30 - 7:15 AM BOOT CAMP	8 - 8:45 AM BOOT CAMP	6:30 - 7:15 AM BOOT CAMP
8 - 8:45 AM BOOT CAMP	9:30 - 10:15 AM FUNCTIONAL FITNESS	8 - 8:45 AM BOOT CAMP
9 - 9:45 AM OPEN GYM	10:30 - 11:15 AM BOOT CAMP	9 - 9:45 AM OPEN GYM
10 - 10:45 AM FUNCTIONAL FITNESS	11:30 AM - 2:45 PM OPEN GYM	10 - 10:45 AM FUNCTIONAL FITNESS
11 AM - 12:00 PM OPEN GYM	3 - 3:45 PM BOOT CAMP	11 AM - 12:00 PM OPEN GYM
12:15 - 1 PM BOOT CAMP	4-4:45 PM FUNCTIONAL FITNESS	12:15 - 1 PM BOOT CAMP
1:15 - 3:45 PM OPEN GYM	5 - 5:45 PM OPEN GYM	1:15 - 3:45 PM OPEN GYM
4 - 4:45 PM FUNCTIONAL FITNESS	6 - 6:45 PM BOOT CAMP	4 - 4:45 PM FUNCTIONAL FITNESS
5 - 7:45 PM OPEN GYM	7 - 9:45 PM OPEN GYM	5 - 7:45 PM OPEN GYM
8 - 8:45 PM BOOT CAMP		8 - 8:45 PM BOOT CAMP
9 - 9:45 PM OPEN GYM		9 - 9:45 PM OPEN GYM
THURSDAY	FRIDAY	SATURDAY
5:30 - 7:45 AM OPEN GYM	5:30 AM - 7 PM OPEN GYM	9 AM - 2 PM OPEN GYM
8 - 8:45 AM BOOT CAMP		
9:30-10:15 AM FUNCTIONAL FITNESS		
10:30 - 11:15 AM BOOT CAMP		
11:30 AM - 2:45 PM OPEN GYM		
3 - 3:45 PM BOOT CAMP		
1-1:45 PM FUNCTIONAL FITNESS		
2 - 4:45 PM OPEN GYM		
5-5:45 PM FUNCTIONAL FITNESS		
6 - 6:45 PM BOOT CAMP		
7 - 9:45 PM OPEN GYM		
		SUNDAY
		12 - 10 PM OPEN GYM

FUNCTIONAL FITNESS TRAINING

This 45 minute training class is aimed at providing you with strength, stability, power, mobility, endurance, and flexibility. Each class incorporates the use of a variety of equipment, including TRX®, Kettlebells, Med Balls, Battle Ropes, and much more to help teach all the muscles of your body to work together. These classes will challenge you head-to-toe in a small group setting.

RESERVE YOUR SPOT FOR **ALL** TIGERX CLASSES.

You can now reserve your spot in all TigerX classes using the MizzouRec More app or online at mizzourec.com/myspot. **Class entry priority will be given to members who have reserved a spot.** After that, it's first come, first served. All you need is your Mizzou ID and an active TigerX membership or one class pass.