

DEMO

Schedule

APEX

AT THE SPRING VALLEY Y



MARCH 2025

MON

- 3/3 9:30am
METCON
- 3/3 | 6:00pm
Sports Performance
- 3/10 | 5:30pm
Strength
- 3/17 | 6:30am
Strength
- 3/17 | 9:30am
METCON
- 3/17 | 6:00pm
Sports Performance
- 3/24 | 6:30am
METCON
- 3/24 | 6:30am
Strength
- 3/31 | 9:30am
METCON
- 3/31 | 6:00pm
Sports Performance

TUE

- 3/4 | 5:45am
METCON
- 3/11 | 5:45am
METCON
- 3/11 | 5:45pm
METCON
- 3/18 | 5:45am
METCON
- 3/25 | 5:45am
METCON
- 3/25 | 5:45pm
METCON

WED

- 3/5 | 5:30am
METCON
- 3/12 | 6:30am
Strength
- 3/12 | 9:30am
METCON
- 3/19 | 5:30am
METCON
- 3/19 | 5:45pm
Strength
- 3/26 | 6:30am
Strength
- 3/26 | 9:30am
METCON

THU

- 3/13 | 9:30am
Strength
- 3/13 | 6:00pm
Sports Performance
- 3/27 | 9:30am
Strength
- 3/27 | 6:00pm
Sports Performance

FRI

- 3/7 | 5:30am
METCON
- 3/7 | 6:30am
Strength
- 3/14 | 6:30am
Strength
- 3/21 | 5:30am
METCON
- 3/21 | 6:30am
Strength
- 3/28 | 6:30am
Strength