



2026
Summer Workout Schedule

May 21st – June 7th Off No Summer Workouts (Please go on Vacation)

June 8th – 11th

Monday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Tuesday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Wednesday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Thursday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm

June 15th – 18th

Monday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Tuesday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Wednesday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Thursday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm

June 22nd – 25th

Monday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Tuesday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Wednesday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Thursday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm

June 29th – 30th

Monday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Tuesday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm

July 1st – July 5th – Off - No Workouts

July 6th – 9th

Monday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Tuesday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Wednesday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Thursday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm

July 13th – 16th

Monday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Tuesday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Wednesday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Thursday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm

July 20th – 23rd

Monday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Tuesday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Wednesday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Thursday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm

July 27th – 30th

Monday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Tuesday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Wednesday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm
Thursday – Session 1 - 9am-12pm	Session 2 - 6pm-8pm

Be the Swarm