



B.A.S.E. Training Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am						DEKA David
10am			Strength Matt		Strength David	
10:30am	Agility Ross					
5pm	Teen Titans	Youth Fitness	Teen Titans	Youth Fitness		
5:30pm			H.I.I.T. the B.A.S.E Blanche			
6pm	Strength Matt	H.I.I.T. Circuits	Team Training Mason	H.I.I.T. Circuits	Strength Matt	

Open B.A.S.E. Schedule

Monday – Friday

5am – 7am

7pm – 10pm

Saturday

10am – 8pm

Sunday

7am – 8pm

*Open B.A.S.E. not available during class times.