

Harney Sports Complex—Monthly Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0900	FUNCTIONAL FITNESS	FUNCTIONAL FITNESS	FUNCTIONAL FITNESS	FUNCTIONAL FITNESS	FUNCTIONAL FITNESS	
1600		CROSSFIT		CROSSFIT		
1700	KETTLEBELL CONDITIONING	OLYMPIC LIFTS	KETTLEBELL CONDITIONING	OLYMPIC LIFTS		
		TACTICAL ATHLETE		TACTICAL ATHLETE		
1730	FUNCTIONAL FITNESS	FUNCTIONAL FITNESS	FUNCTIONAL FITNESS	FUNCTIONAL FITNESS		
1830	JUJUTSU		JUJUTSU			

CrossFit
1 x a week—\$30 a month
2 x a week—\$40 a month
3 x a week - \$50 a month

Kettlebell Conditioning
1 x a week—\$60 a month
2 x a week—\$80 a month
3 x a week—\$100 a month

Olympic Lifts
1 x a week—\$60 a month
2 x a week—\$80 a month
3 x a week—\$100 a month

Tactical Athlete
1 x a week—\$60 a month
2 x a week—\$80 a month
3 x a week—\$100 a month

Contact Elizabeth Brown — elizabeth@athleticbodyandmind.com

Functional Fitness
Day Pass—\$10
1 x a week—\$30 a month
2 x a week—\$40 a month
3 x a week—\$50 a month
4 x a week—\$60 a month
5 x a week—\$65 a month

Contact Jamie Schafer— schaferjoe@hotmail.com

Jiu jitsu
2 x a week—\$50 a month

Contact Frank Barry—fbarry@kc.rr.com

<ul style="list-style-type: none"> • IRON MAJOR CROSSFIT MON-FRI 0530-0730 www.ironmajorcrossfit.com Questions—ironmajorcrossfit@gmail.com
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