

1887 Pleasantville Road
 Briarcliff, NY 10510
 (914) 292-5063



 Briarcliff Strength Club

 @BriarcliffStrengthClub

www.briarcliffstrengthclub.com

Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:30 AM	Total Body Strength		Total Body Strength	Strength Circuit		7:00 AM	Cardio Boxing	
7:15 AM	Total Body Strength	Semi-Private	Total Body Strength		Total Body Strength	8:00 AM	Strength Circuit	
8:15 AM	Total Body Strength	Cardio Circuit	Total Body Strength	Strength Circuit	Total Body Strength	9:00 AM	Strength Circuit	
9:30 AM	Total Body Strength	Cardio Circuit	Total Body Strength	Strength Circuit	Total Body Strength	10:00 AM		HIIT
11:00 AM	Semi-Private	Semi-Private	Semi-Private	Semi-Private	Semi-Private			
12:00 PM	Senior Strong Training		Senior Strong Training		Senior Strong Training			
3:00 PM								
4:00 PM								
5:00 PM	Total Body Strength		Total Body Strength					
5:30 PM		Cardio Circuit		Strength Circuit				
6:15PM	Total Body Strength		Total Body Strength					

Join
 The Strength Club
 Today!

