


THE FOUNDRY

ATHLETIC TRAINING CENTER



WWW.THEFOUNDRYTRAINING.COM

4904 87 St

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <h1>THE FOUNDRY</h1> <h2>ATHLETIC TRAINING CENTER</h2> </div>  </div>						
7am							
8am							
9am						HC circuit	
9:15 AM	Hellcamp * 60 minutes	Hellcamp * 60 minutes	Hellcamp * 60 minutes	Hellcamp * 60 minutes	Hellcamp * 60 minutes	60 minutes	
10am						HC circuit 60 minutes	
11am			KB Starter Package 1x 60 mins			Kettlebell Sport * 45 minutes	
12pm						Gym Con 60 minutes	
1pm	Visit thefoundrytraining.com for more information or call Mike at 780-298-6038					KB Starter Package	
2pm						1x 60 mins	
3pm							
4pm							
5pm	Oldtime Strength 30 Hellcamp * 60 minutes	Hellcamp * 60 minutes	Oldtime Strength 30 Hellcamp * 60 minutes	Hellcamp * 60 minutes	Hellcamp * 60 minutes		
6pm	Hellcamp * 60 minutes	Hellcamp * 60 minutes	Hellcamp * 60 minutes	Hellcamp * 60 minutes	Ropes and bells 60 minutes		
7pm	Gym Con 60 minutes	RKC Gulag * 45 minutes	Gym Con 60 minutes	RKC Gulag * 45 minutes			
8pm	KB Starter Package 1x 60 mins	Purgatory (Beg) 60 minutes		Purgatory (Beg) 60 minutes			
9pm	Revised schedule effective Feb. 6			* Requires completion of Kettlebell Starter Package			