

FORT SALONGA SQUAD SCHEDULE



MONDAY

7:15am STRONG
8:30am STRONG
9:30am STRONG
10:30am FLEX
6:30pm STRONG

TUESDAY

5:30am STRONG
7:15am SWEAT
7:15am FLOW
8:30am RYDE
8:30am SWEAT
9:30am FLOW
9:30am STRONG
4:30pm STRONG
6:30pm SWEAT

WEDNESDAY

6:15am STRONG
7:15am RYDE
8:30am STRONG
9:30am SWEAT
5:30pm STRONG
6:30pm SWEAT

THURSDAY

7:15am STRONG
8:30am RYDE
8:30am SWEAT
9:30am SWEAT
4:30pm SWEAT
5:30pm FLOW
6:30pm STRONG

FRIDAY

8:00am STRONG
8:45am RYDE
9:30am STRONG
10:30am FLEX

SATURDAY

8:30am RYDE
9:30am STRONG
10:30am SWEAT

SUNDAY

8:30am STRONG
9:30am RYDE

CONTACT

Phone:
(631) 261-1152

Address:
10 Fort Salonga Rd
Fort Salonga, NY 11768