



## MASK ON/MASK OFF SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM MP [PERFORM]	6:30 AM MP [POWER]	6:30 AM MP [LIFT] (LOWER)	6:30 AM MP [SWEAT]	6:30 AM MP [LIFT] (UPPER)	9 AM MP [LIFT]	9 AM MP [LIFT]
12 PM MP [PERFORM]	12 PM MP [POWER]	12 PM MP [LIFT] (LOWER)	12 PM MP [SWEAT]	12 PM MP [LIFT] (UPPER)	10:15 AM MP [KETTLEBELL]	10 AM MP [LIFT]
5 PM MP [LIFT]	5 PM MP [PERFORM]	5 PM MP [LIFT] (LOWER)	5 PM MP [SWEAT]	5 PM MP [PERFORM]	11:30 AM MP [SWEAT]	11:30 AM MP [FUSION] (90 MINS)
6:15 PM MP [PERFORM]	6:15 PM MP [LIFT]	6:15 PM MP [POWER]	6:15 PM MP [KETTLEBELL]	6:15 PM MP [LIFT]		
7:30 PM MP [PERFORM]	7:30 PM MP [LIFT]	7:30 PM MP [POWER]	7:30 PM MP [KETTLEBELL]			

### MP [SWEAT]

A high-intensity metabolic conditioning class with both interval and circuit training. Increase your speed, endurance and agility using bodyweight and light-weight exercises.

### MP [PERFORM]

A combination of strength and conditioning, designed for the athlete in each of us. Focus on power, strength and speed paired with functional exercises involving full-body training.

### MP [LIFT]

A dedicated lifting class designed to increase lean muscle mass while developing your upper and lower body strength using various tempo's, rep schemes, and supersets.

### MP [KETTLEBELL]

A full-body strength and conditioning class focusing on power, strength and speed paired with functional movement patterns. Short intervals requiring maximum intensity.

### MP [POWER]

A lifting class that focuses on both the strength and speed of an individual, combining heavy compound exercises with dynamic, explosive movements.

### MP [FUSION]

The ultimate test for one's mind and body, achieved by combining the 3 fundamental MPC training pillars. Strength, agility, and endurance, all in one 90-minute session.