






LAC STRONG

LOUISVILLE ATHLETIC CLUB



SCHEDULE EFFECTIVE 8/17/2021

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
					LAC STRONG HIIT Levels I & II 9AM-10AM Kate	9565 Taylorsville Rd. Louisville KY 40299 JTOWN BARBELL All-Levels USAW Training LAC STRONG HIIT Level I: Fitness Perfect for Beginners, Tests ALL Fitness Levels LAC STRONG HIIT Level II: Performance Challenges ALL Fitness Levels LAC STRONG HIIT Level III: Competition Elite Level workouts, See Coach for Details.
LAC STRONG HIIT Levels I & II 5:30PM-7PM Kate	LAC STRONG HIIT Levels I & II 5:30PM-7PM Kate	LAC STRONG HIIT Levels I & II 5:30PM-7PM Kate	LAC STRONG HIIT Levels I & II 5:30PM-7PM Kate			
						

Session Pricing: For More Information contact svontrapp@athleticclubs.org 502-753-0999. Individual workouts are \$15 each for drop-ins.

Unlimited Monthly Passes for J-town Barbell Club and LAC STRONG HIIT classes ONLY \$69.99 month. J-town Barbell and LAC STRONG Members receive a discounted membership to LAC.