



CLASS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| 5:30 A.M. BULLETPROOF BARBELL CLUB 9:00 A.M. WORKOUT OF THE DAY 4:45 P.M. WORKOUT OF THE DAY 6:30 P.M. WORKOUT OF THE DAY | 5:30 A.M. BULLETPROOF BARBELL CLUB | 5:30 A.M. BULLETPROOF BARBELL CLUB 9:00 A.M. WORKOUT OF THE DAY 4:45 P.M. WORKOUT OF THE DAY 6:30 P.M. WORKOUT OF THE DAY | 5:30 A.M. BULLETPROOF BARBELL CLUB 9:00 A.M. CARDIO, ABS, & STRETCHING | 9:00 A.M. WORKOUT OF THE DAY |

Notice required for classes. Please send us a message or give us a call to get started!

[LAKEHOUSTONFITNESS.COM](https://www.lakehoustonsfitness.com)

281-324-8434

OUR CLASS MEMBERSHIP INCLUDES UNLIMITED GYM ACCESS EVERYDAY 4AM-11PM!

BULLETPROOF BARBELL CLUB

Trainer: Sam

A specialized training format which combines max effort training with speed and dynamic methods to apply more power, strength, and hypertrophy to the individual. The focus of the program rests on functionality for longevity, while utilizing exercises to improve overall body strength and composition.

WORKOUT OF THE DAY

Trainer: Pam

The workout will vary each day and generally is a full body workout consisting of weight training, cardio, mobility, and functional movements. We can accommodate to any injury or limitations but feel free to go at your own pace. All fitness levels are welcome.

CARDIO, ABS, & STRETCH

Trainer: Pam

This class is split up into 20 minutes of cardio exercises, 10 minutes of core exercises, and 10 minutes of stretching. The cardio portion of the workout will vary each day and will either be a timed group circuit or a workout of the day.