



JUNE 2025

NEFF

MONTHLY NEWSLETTER

NEW CLASS SCHEDULE

NEW CLASS SCHEDULE IS **LIVE** SO BE SURE TO CHECK IT OUT!

MONDAY & WEDNESDAY

8:30AM

5:30PM

TUESDAY & THURSDAY

8:30AM

FRIDAY

8:30AM

CLASS TYPES

STRENGTH

- 1.) LM Meado
- 2.) **K** Reverse
- 3.) Box Pistol
- 4.) Band Palle
- 5.) PB Eccent
- 6.) Bicycle Cr
- 7.) Alternating
- 8.) MB Sprint

40
20 x16

STRENGTH

GET STRONGER
40s Work
20s Rest
2 Rounds per Station

ENDURANCE

- 1.) Hex Bar B-
- 2.) Slingshot
- 3.) **K** Reverse
- 4.) Sled - Batt
- 5.) Slide Boar
- 6.) DB Press (
- 7.) KB In Plac
- 8.) MB Chest

45
20 x16

ENDURANCE

MOVE LONGER
45s Work
20s Rest
2 Rounds per Station

HYPERTROPHY

- 1.) LM Split St
- 2.) Assisted C
- 3.) **K** Squat-Ro
- 4.) DB Chop -
- 5.) Sled - Later
- 6.) Glute Bridg
- 7.) Lateral RDL
- 8.) MB Side Th

25
15 x32

HYPERTROPHY

BUILD MUSCLE
25s Work
15s Rest
4 Rounds per Station