

**CLASS SCHEDULES | RED BANK | DECEMBER**

**CLUB HOURS:** Mon.-Thurs. 5am-11pm // Fri. 5am-10pm // Sat. 7am-7pm // Sun. 7am-4pm



**XLABS CLASS SCHEDULE**

		MON	TUE	WED	THU	FRI			SAT	SUN
 Group Training Room 1										
			10:30am		5:00pm	10:00am			10:00am	

**TEAM TRAINING SCHEDULE**

		MON	TUE	WED	THU	FRI			SAT	SUN
 Team Training Room										
		6:00am	6:30pm	6:00am	8:00am				8:30am	
		6:30pm		6:30pm						



**TRY A FREE  
PERSONAL TRAINING  
SESSION**

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THE APP**

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Jersey Strong

**ADVANCED REGISTRATION:** All classes require advanced registration at either [jerseystrong.com/account](http://jerseystrong.com/account) or through the JERSEY STRONG mobile app which can be downloaded at [jerseystrong.com/app](http://jerseystrong.com/app).

**DROP IN BILLING:** Not all memberships include Classes. On or before the 15th of each month you will be billed **\$7 for each Group or XLab Class and \$15 for each Team Training Class** you booked during the preceding month beyond the quantity of Classes included monthly with your membership.