

HOURS OF OPERATION & WAVE SESSIONS

Strong Life Powerlifting members train in designated “waves.” Each wave session consists of six lifters; this ensures that there is never a wait for equipment and coaching can be individualized.

The hours of operation / wave sessions are as follows:

WAVE #1: ALL AGES

Monday, Wednesday, Friday
5:00 am to 6:30 am

Marcella L.
Spero T.
Tony Y.

Wave Session currently has 3 openings

WAVE #2: ADULTS ONLY

Monday, Wednesday, Friday
1:30 pm to 3:00 pm

Wave Session just opened - currently has 6 openings

WAVE #3: STUDENT ATHLETES ONLY

**Monday, Wednesday, Friday
3:00 pm to 4:00 pm**

**Emma B.
Finleigh C.
Kellan C.
Spencer C.
Finley D.
Knox D.
Josh W.**

Wave Session currently FULL (+1)

WAVE #4: STUDENT ATHLETES ONLY

**Monday, Wednesday, Friday
4:00 pm to 5:00 pm**

**Nathan C.
Parker M.
Anthony R.
Sofia R.
Colin S.
Simon S.**

Wave Session currently FULL

WAVE #5: STUDENT ATHLETES ONLY

**Monday, Wednesday, Friday
5:00 pm to 6:00 pm**

**Gavin M.
Ben O.
Sam O.
Mark W.
Matthew W.
Dillon W.**

Wave Session currently FULL

WAVE #6: STUDENT ATHLETES ONLY

**Tuesday, Thursday
3:00 pm to 4:00 pm**

**Saturday
10:00 am to 11:00 am**

**Eliana B.
Mariam M.
Natalie N.
Ashley P.
Maddie W.**

Wave Session currently has 1 opening

WAVE #7: STUDENT ATHLETES ONLY

**Tuesday, Thursday
4:00 pm to 5:00 pm**

**Saturday
11:00 am to Noon**

**Ari A.
Ethan B.
Asher L.
Michah L.**

Wave Session currently has 3 openings

WAVE #8: STUDENT ATHLETES ONLY

**Tuesday, Thursday
5:00 pm to 6:00 pm**

**Saturday
Noon to 1:00 pm**

**Josh A.
Billy B.
Kendall B.
Ethan P.
Brock V.
Kai V.
Christopher Z.**

Wave Session currently FULL (+1)