

# PROGRAM SCHEDULE



SCHEDULE EFFECTIVE THROUGH DECEMBER 31  
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# DECEMBER PROGRAM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1:00 - 2:00 PM BELAY CLASS <i>*pre-registration req'd</i>
4:00 - 5:30 PM JUNIOR CLUB Climbing Practice	4:00 - 6:30 PM TEAM Climbing Practice	4:00 - 6:00 PM YOUTH TEAM Climbing Practice	4:00 - 6:30 PM TEAM Climbing Practice	4:00 - 6:00 PM YOUTH TEAM Climbing Practice	
	4:00 - 5:30 PM CLUB Climbing Practice			4:00 - 7:00 PM SIK BIRD + Climbing Practice	
5:00 - 8:00 PM BELAY CLASS (1 hour class) <i>*pre-registration req'd</i>	5:00 - 8:00 PM BELAY CLASS (1 hour class) <i>*pre-registration req'd</i>	5:00 - 8:00 PM BELAY CLASS (1 hour class) <i>*pre-registration req'd</i>	5:00 - 8:00 PM BELAY CLASS (1 hour class) <i>*pre-registration req'd</i>		

All classes listed on this side are additional cost.  
Please see the front desk, call (303.443.1505) or email us  
([info@movementboulder.com](mailto:info@movementboulder.com)) if you have more questions or would like to register.

**CLIMBING CLASSES**

Movement offers 4 climbing-specific classes ranging from beginner to very experienced. Each class is a series of 3, 2 hour classes, spread over 3 weeks. ***The Intro class includes a 1 month membership!***

INTRO TO MOVEMENT	We can accomodate most schedules and can do lessons privately or as a group.
LEAD CLASS	Please call or email if you are interested in signing up.
MOVEMENT 101	
MOVEMENT 201	

*climbing@movementboulder.com*

## ATHLETIK SPESIFIK

Athletik Spesifik offers two general types of training:

### Climbing Specific

Training including the Systems Wall, Campus Board, Dartfish video analysis and general pulling movement. This program develops the neuromuscular patterns unique to climbing and skill acquisition.

### General Conditioning

Circuit-based training that emphasizes metabolic conditioning, strengthening antagonistic musculature, learning proper weight lifting techniques, developing torso stabilization, optimizing pulling strength in a fun group environment.

### Cost for members

\$15 drop-in rate per day for members  
\$25 drop-in rate per day for non-members  
(rate for non-members includes reduced day pass)