



PLAYGROUND TRAINING ACADEMY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am - 6am HIIT Bootcamp	5am - 6am HIIT Bootcamp	5am - 6am HIIT Bootcamp	5am - 6am HIIT Bootcamp	5am - 6am HIIT Bootcamp	5am - 11am OPEN GYM for PTA Coaches Only	5am - 7am OPEN GYM for PTA Coaches
6am - 7am HIIT Bootcamp	6am - 8:30am OPEN GYM For PTA Clients & Coaches	6am - 7am HIIT Bootcamp	6am - 8:30am OPEN GYM For PTA Clients & Coaches	6am - 7am HIIT Bootcamp		7am - 8am Weight Training with Lisa (\$10 drop in)
7am - 8:30am OPEN GYM For PTA Clients & Coaches		7am - 8:30am OPEN GYM For PTA Clients & Coaches		7am - 8:30am OPEN GYM For PTA Clients & Coaches		8am - 11am OPEN GYM For PTA Coaches Only
8:30am - 9:30am HIIT Bootcamp	8:30am - 9:30am HIIT Bootcamp	8:30am - 9:30am HIIT Bootcamp	8:30am - 9:30am HIIT Bootcamp	8:30am - 9:30am HIIT Bootcamp		
9:30am - 10:30am OPEN GYM for PTA Clients & Coaches	9:30am - 1pm OPEN GYM for PTA Clients & Coaches	9:30am - 4pm OPEN GYM for PTA Clients & Coaches	9:30am - 1pm OPEN GYM for PTA Clients & Coaches	9:30am - 4pm OPEN GYM for PTA Clients & Coaches		
10:30am - 11:30am Playground Warriors (All Skill Levels)			11am - 12pm Playground Warriors (All Skill Levels)			
11:30am - 4pm OPEN GYM For PTA Clients & Coaches	1pm - 2pm Playground Warriors (All Skill Levels)		12pm - 2pm OPEN GYM For PTA Coaches Only			
	2pm - 4pm OPEN GYM for PTA Clients & Coaches		2pm - 4pm Obstacle Course Training (\$10 drop in)			
4pm - 5pm HIIT Bootcamp	4pm - 5pm HIIT Bootcamp	4pm - 5pm HIIT Bootcamp	4pm - 5pm HIIT Bootcamp	4pm - 5pm HIIT Bootcamp	4pm - 10pm Reserved for PTA Private Parties and Events	11am - 10pm Reserved for PTA Private Parties and Events
5pm - 6:30pm OPEN GYM for PTA Clients & Coaches	5pm - 6pm OPEN GYM for PTA Clients & Coaches	5:45pm - 6:30pm L.A.B Bootcamp	5pm - 7pm OPEN GYM For PTA Clients & Coaches	5:30pm - 6:30pm Playground Warriors (All Skill Levels)		
6:30pm - 7:30pm Playground Warriors (Beginner & Intermediate)	6:00pm - 7:00pm Playground Warriors (All Skill Levels)	6:30pm - 7:30pm Playground Warriors (Beginner & Intermediate)		6:30pm - 10pm OPEN GYM for PTA Clients & Coaches		
7:30pm - 8:30pm Playground Warriors (Intermediate & Advanced)	7pm - 8pm Spartan Training (\$10 drop in)	7:30pm - 8:30pm Playground Warriors (Intermediate & Advanced)	7pm - 8pm Spartan Training (\$10 drop in)			
8:30pm - 10pm OPEN GYM for PTA Clients & Coaches	8pm - 10pm OPEN GYM for PTA Clients & Coaches	8:30pm - 10pm OPEN GYM for PTA Clients & Coaches	8pm - 10pm OPEN GYM for PTA Clients & Coaches			