	DO THE WORK SUMMER 2023						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Open	
9:00 AM	High School Sports Performance Training	High School Sports Performance Training	High School Sports Performance Training	High School Sports Performance Training	High School Sports Performance Training	Open	
10:00 AM	High School Sports Performance Training	High School Sports Performance Training	High School Sports Performance Training	High School Sports Performance Training	High School Sports Performance Training	Open	
11:00 AM	High School Sports Performance Training	High School Sports Performance Training	High School Sports Performance Training	High School Sports Performance Training	High School Sports Performance Training	Open	
12:00 PM	Middle School Sports Performance Training	Middle School Sports Performance Training	Middle School Sports Performance Training	Middle School Sports Performance Training	Middle School Sports Performance Training	Open	
1:00 PM	Middle School Sports Performance Training	Middle School Sports Performance Training	Middle School Sports Performance Training	Middle School Sports Performance Training	Middle School Sports Performance Training		
4:00 PM	Open	Open	Open	Open	Open		
5:00 PM	Open	Open	Open	Open	Open		
6:00 PM	College athletes training	College athletes training	College athletes training	College athletes training	College athletes training		
7:00 PM	Open	Open	Open	Open	Open		

All training groups will be filled on a first come first serve basis. All training groups will be maxed out at 8 athletes. If you have a group of athletes who want to reserve a time, you must have 6 athletes. All training times will run for an hour. Groups are subject to change off of customer demand. EX Monday 9am can be changed from high school training to middle school training if the interest is there! Open times are available to any athlete.