


June 2021 Training Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00AM	Boot Camp (Matt and J.P.)	Boot Camp (Matt and J.P.)	Boot Camp (Matt and J.P.)	Boot Camp (Matt and J.P.)	Boot Camp (Matt and J.P.)		
06:30-7:30am						Womens Boxing Boot Camp (J.P.)	
9:00-10:00AM						Boot Camp (Matt and J.P.)	
10:00 AM						Sports Performance (Sydney)	
4:30- 5:30PM	Sports Performance <i>Bike Run Swim</i> (John D.)	Sports Performance <i>Speed & Agility</i> (Sydney)	Sports Performance <i>Bike Run Swim</i> (John D.)	Sports Performance <i>Speed & Agility</i> (Sydney)			
5:00-6:00PM	Boxing (Scott)						
5:30-6:30PM		Boot Camp (Matt and J.P.)	Sports Performance <i>Speed & Agility</i> (Sydney)	Boot Camp (Matt and J.P.)			

Please Call 843-706-9700 or email info@pulseologyetc.com for custom training programs for both individuals and teams. Summer camp slots are filling up fast please call to reserve your spot.