



Contact Information:
 702-232-1524
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 10670 S Maryland Pkwy Suite 135
 Henderson, NV 89052

STRENGTH & CONDITIONING TRAINING SCHEDULE

Monday: 9am-10:30am & 4pm-8pm
 Tuesday: 9am-10:30am & 2:30pm-8pm
 Wednesday: 4pm-8pm
 Thursday: 9am-10:30am & 2:30pm-8pm
 Friday: 9am - 10:30am & 2:30pm-8pm
 Saturday: 9am-11:30am
 Sunday: 9am-12:30am

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00pm - 5:00pm	Strength & Conditioning Teens & Adults		Strength & Conditioning Teens & Adults				
FTCC PARTICIPATION WAIVER MUST BE SIGNED PRIOR TO TRAINING 2-DAY TRY OUT IS AVAILABLE FOR ALL PROSPECTIVE MEMBERS							