

# CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed						Sports Performance Level I and II 9:30-10:45 pm
						Strength & Fitness 9:30-10:45 am
	Strength & Fitness 12:00-1:15 pm	Strength & Fitness 12:00-1:15 pm	Strength & Fitness 12:00-1:15 pm	Strength & Fitness 12:00-1:15 pm	Strength & Fitness 12:00-1:15 pm	Sports Performance Level I and II 12:00-1:15 pm
						Strength & Fitness 12:00-1:15 pm
	Sports Performance Level I and II 4:00-5:15 pm	Sports Performance Level I and II 4:00-5:15 pm	Sports Performance Level I and II 4:00-5:15 pm	Sports Performance Level I and II 4:00-5:15 pm	Sports Performance Level I and II 4:00-5:15 pm	
	Strength & Fitness 4:00-5:15 pm	Strength & Fitness 4:00-5:15 pm	Strength & Fitness 4:00-5:15 pm	Strength & Fitness 4:00-5:15 pm	Strength & Fitness 4:00-5:15 pm	
	Sports Performance Level I and II 5:30-6:45 pm	Sports Performance Level I and II 5:30-6:45 pm	Sports Performance Level I and II 5:30-6:45 pm	Sports Performance Level I and II 5:30-6:45 pm	Sports Performance Level I and II 5:30-6:45 pm	
	Strength & Fitness 5:30-6:45 pm	Strength & Fitness 5:30-6:45 pm	Strength & Fitness 5:30-6:45 pm	Strength & Fitness 5:30-6:45 pm	Strength & Fitness 5:30-6:45 pm	
	Sports Performance Level I and II 7:00-8:15 pm	Sports Performance Level I and II 7:00-8:15 pm	Sports Performance Level I and II 7:00-8:15 pm	Sports Performance Level I and II 7:00-8:15 pm	Sports Performance Level I and II 7:00-8:15 pm	
	Strength & Fitness 7:00-8:15 pm	Strength & Fitness 7:00-8:15 pm	Strength & Fitness 7:00-8:15 pm	Strength & Fitness 7:00-8:15 pm	Strength & Fitness 7:00-8:15 pm	

\*Functional Movement Program available all day.