



# Summer Training Schedule

ADULT FUNCTIONAL FITNESS  
& SPORTS PERFORMANCE

Mon	Tues	Wed	Thu	Fri	Sat
Adult Advanced Training 5:30 - 6:30 a.m.	Adult Advanced Training 5:30 - 6:30 a.m.	Adult Advanced Training 5:30 - 6:30 a.m.	Adult Advanced Training 5:30 - 6:30 a.m.	Adult Advanced Training 5:30 - 6:30 a.m.	Adult Advanced Training 8 - 9 a.m.
Adult Advanced Training 7 - 8 a.m.	Adult Advanced Training 7 - 8 a.m.	Adult Advanced Training 7 - 8 a.m.	Adult Advanced Training 7 - 8 a.m.	Adult Advanced Training 7 - 8 a.m.	Adult Advanced Training 9:30 - 10:30 a.m.
Adult Advanced Training 8:30 - 9:30 a.m.	Adult Advanced Training 8:30 - 9:30 a.m.	Adult Advanced Training 8:30 - 9:30 a.m.	Adult Advanced Training 8:30 - 9:30 a.m.	Adult Advanced Training 8:30 - 9:30 a.m.	
College Sports Training 10 - 11:30 a.m.	College Sports Training 10 - 11:30 a.m.	College Sports Training 10 - 11:30 a.m.	College Sports Training 10 - 11:30 a.m.	College Sports Training 10 - 11:30 a.m.	
Adult Advanced Training 12 - 1 p.m.	Adult Advanced Training 12 - 1 p.m.	Adult Advanced Training 12 - 1 p.m.	Adult Advanced Training 12 - 1 p.m.	Adult Advanced Training 12 - 1 p.m.	
Youth Sports Training 4:30 - 5:30 p.m.	Youth Sports Training 4:30 - 5:30 p.m.	Youth Sports Training 4:30 - 5:30 p.m.	Youth Sports Training 4:30 - 5:30 p.m.		
High School Training 6 - 7 p.m.	High School Training 6 - 7 p.m.	High School Training 6 - 7 p.m.	High School Training 6 - 7 p.m.		