

## **Training Schedule**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 AM	Adult	Adult	Adult	Adult	Adult		
0.001212	Functional	Functional	Functional	Functional	Functional		
6:30 AM	Adult		Adult		Adult		
	Functional		Functional		Functional		
7:30 AM	Adult	Adult	Adult	Adult	Adult		
	Functional	Functional	Functional	Functional	Functional		
8:00 AM						Adult	Training
						Functional	Camp
8:30 AM	Adult	Adult	Adult	Adult	Adult		
	Functional	Functional	Functional	Functional	Functional		
9:00 AM						Adult	Yoga
						Functional	
9:30 AM						Pilates	
10:00						Training	Adult
AM						Camp	Functional
AM							10:15
11:30	Adult	Adult	Adult	Adult	Adult	Sports Perf	
AM	Functional	Functional	Functional	Functional	Functional	11:00	
Noon	Adult	Adult	Adult	Adult	Adult		
NOOII	Functional	Functional	Functional	Functional	Functional		
4:00 PM	1 unctional	Sports	Sports	Sports	Tunctional		
4.00 FM		Performance	Performance	Performance			
5:00 PM	Adult	Adult	Adult	Adult	Adult		
3.00 F M	Functional	Functional	Functional	Functional	Functional		
5:30 PM	Adult	Adult	Adult	Adult	Adult		
3.30 I M	Functional	Functional	Functional	Functional	Functional		
6:00 PM	Adult	Adult	Adult	Adult			
0.00114	Functional	Functional	Functional	Functional			
6:30 PM	Adult	Adult	Adult	Adult			
0.30 I M	Functional	Functional	Functional	Functional			