



Effective November, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am - 6:00am	5:00am - 6:00am	5:00am - 6:00am	5:00am - 6:00am	5:00am - 6:00am		
6:00am - 7:00am	6:00am - 7:00am STRENGTH TRAINING	6:00am - 7:00am	6:00am - 7:00am STRENGTH TRAINING	6:00am - 7:00am		
7:00am - 8:00am	7:00am - 8:00am	7:00am - 8:00am	7:00am - 8:00am	7:00am - 8:00am		
					8:00am-9:00am MOBILITY TRAINING	
8:30am – 9:30am	8:30am – 9:30am	8:30am – 9:30am	8:30am – 9:30am	8:30am – 9:30am		
					9:00am-10:00am	9:00am-10:00am
9:30am – 10:30am	9:30am – 10:30am Metabolic Training	9:30am – 10:30am	9:30am – 10:30am Metabolic Training	9:30am – 10:30am		
4:30pm – 5:30pm STRENGTH TRAINING	4:30pm – 5:30pm STRENGTH TRAINING		4:30pm – 5:30pm STRENGTH TRAINING	4:30pm – 5:30pm STRENGTH TRAINING		

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