



SPORTS PERFORMANCE SCHEDULE EFFECTIVE MAY, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:00pm	Private Training <i>By Appt Only</i>	Private Training <i>By Appt Only</i>	Open Group	Open Group	Private Training <i>By Appt Only</i>		
3:00pm	Group Strength	Group Strength	Group Strength	Group Strength	Group Strength	APPT ONLY	APPT ONLY
4:00pm	Group Speed	Group Speed	Group Speed	Group Speed	Group Speed		
5:00pm	Private Training <i>By Appt Only</i>	Group Strength	Group Speed	Group Strength	Group Speed		
6:00pm	Private Training <i>By Appt Only</i>	Group Strength	Private Training <i>By Appt Only</i>	Group Strength	Private Training <i>By Appt Only</i>		
7:00pm	Group Strength	Open Group	Group Speed	Open Group	Private Training <i>By Appt Only</i>		
8:00pm	Private Training <i>By Appt Only</i>		Private Training <i>By Appt Only</i>				

6 Athletes per Group Session. Session appointments must be booked with Trainer. 24 hour Cancellation Policy strictly enforced. OPEN Group strength or speed class determined by client's needs – Session will be charged without 24 hour advanced cancellation notification.

Contact Mary Mileo with scheduling inquiries at 845-517-1422