



SPORTS PERFORMANCE SCHEDULE EFFECTIVE JANUARY 2019

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
2:00pm		Group Strength		Group Strength		9:00am	Group Speed	
3:00pm	Group Speed	Group Speed	Group Speed	Group Strength	Group Strength	10:00am	Group Strength	Group Strength
4:00pm	Group Strength	Group Strength	Group Strength	Group Speed	Group Strength	11:00am	Group Strength	Group Strength
5:00pm	Open Group	Open Group	Open Group	Open Group	Group Speed	12:00pm	Group Speed	
6:00pm	Group Strength	Open Group	Group Strength	Open Group	Open Group			
7:00pm	Open Group	Open Group	Group Strength	Open Group				
8:00pm	Private Training <i>By Appt Only</i>		Private Training <i>By Appt Only</i>					Shading indicates new schedule change

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.

Yellow Shading Indicates Schedule Change

Contact Mary Mileo with scheduling inquiries at 845-517-1415