



SPORTS PERFORMANCE SCHEDULE EFFECTIVE SEPTEMBER 7, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00pm	Group Strength	Group Strength	Group Strength	Group Strength	Group Strength	SCHEDULE BY APPT ONLY	SCHEDULE BY APPT ONLY
4:00pm	Group Speed	Group Speed	Group Speed	Group Speed	Group Speed		
5:00pm	Open Group	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	Open Group		
7:00pm	Open Group	Open Group	Open Group	Open Group	Open Group		

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