



// PRECISION // PERFORMANCE // RECOVERY //

STRENGTH FLOOR CLASS SCHEDULE

S	M	T	W	T	F	S
	6:00 - 7:00AM <i>Adult Develop</i>		6:00 - 7:00AM <i>Adult Develop</i>		6:00 - 7:00AM <i>Adult Develop</i>	
	8:00 - 9:00AM <i>Adult Develop</i>		8:00 - 9:00AM <i>Adult Develop</i>		8:00 - 9:00AM <i>Adult Develop</i>	
	9:00 - 10:00AM <i>JR Develop 1</i>		9:00 - 10:00AM <i>JR Develop 1</i>		9:00 - 10:00AM <i>JR Develop 1</i>	8:00 - 9:00AM <i>Adult Develop</i>
		12:00 - 1:00PM <i>Adult Develop</i>		12:00 - 1:00PM <i>Adult Develop</i>		9:00 - 9:30AM <i>JR Fundamentals</i>
	4:00 - 5:00PM <i>JR Develop 1 & 2</i>	4:00 - 5:00PM <i>JR Jumpstart</i>	4:00 - 5:00PM <i>JR Develop 1 & 2</i>	4:00 - 5:00PM <i>JR Jumpstart</i>	4:00 - 5:00PM <i>JR Develop 1 & 2</i>	9:30 - 10:00AM <i>JR Jumpstart</i>
	5:00 - 6:00PM <i>JR Jumpstart</i>	5:00 - 6:00PM <i>JR Fundamentals</i>	5:00 - 6:00PM <i>JR Jumpstart</i>	5:00 - 6:00PM <i>JR Fundamentals</i>	5:00 - 6:00PM <i>JR Jumpstart</i>	10:00 - 10:30AM <i>JR Develop 1</i>
	6:00 - 7:00PM <i>JR Develop 1</i>	6:00 - 7:00PM <i>JR Develop 1</i>	6:00 - 7:00PM <i>JR Develop 1</i>	6:00 - 7:00PM <i>JR Develop 1</i>	6:00 - 7:00PM <i>JR Develop 1</i>	10:30 - 11:00AM <i>JR Develop 2</i>

