

PERFORMANCE CENTER SCHEDULE

SUMMER 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30AM	ADULT LIFT-FIT		ADULT LIFT-FIT		ADULT LIFT-FIT	
9:00-10:00AM	ADULT LIFT-FIT Developmental	ADULT LIFT-FIT Developmental	ADULT LIFT-FIT Developmental	ADULT LIFT-FIT Developmental	ADULT LIFT-FIT Developmental	ADULT LIFT-FIT
11:00AM- 12:30PM	FEMALE SPORTS PERFORMANCE	FEMALE SPORTS PERFORMANCE		FEMALE SPORTS PERFORMANCE	FEMALE SPORTS PERFORMANCE	
12:00-2:00PM	OPEN LIFT	OPEN LIFT	OPEN LIFT	OPEN LIFT	OPEN LIFT	
2:00-3:30PM	SPORTS PERFORMANCE	SPORTS PERFORMANCE		SPORTS PERFORMANCE	SPORTS PERFORMANCE	
6:00-7:00PM	DEVELOPMENTAL		DEVELOPMENTAL		DEVELOPMENTAL	