

PERFORMANCE CENTER CLASS SCHEDULE



SUMMER 2024

(6/3/24-8/9/24)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30AM	LIFT-FIT		LIFT-FIT		LIFT-FIT	
9:00-10:00AM	LIFT-FIT — DEVELOPMENTAL	LIFT-FIT — DEVELOPMENTAL	LIFT-FIT — DEVELOPMENTAL	LIFT-FIT — DEVELOPMENTAL	LIFT-FIT — DEVELOPMENTAL	LIFT-FIT
11:00AM-12:30PM	FEMALE SPORTS PERFORMANCE	FEMALE SPORTS PERFORMANCE		FEMALE SPORTS PERFORMANCE	FEMALE SPORTS PERFORMANCE	
11:30-2:00PM	OPEN LIFT	OPEN LIFT	OPEN LIFT	OPEN LIFT	OPEN LIFT	
12:30pm-2:00pm	COLLEGIATE SPORTS PERFORMANCE	COLLEGIATE SPORTS PERFORMANCE		COLLEGIATE SPORTS PERFORMANCE	COLLEGIATE SPORTS PERFORMANCE	
1:00-1:45PM	DAP FIT			DAP FIT		
2:00-3:30PM	SPORTS PERFORMANCE	SPORTS PERFORMANCE		SPORTS PERFORMANCE	SPORTS PERFORMANCE	
5:30-6:30PM		DEVELOPMENTAL	DEVELOPMENTAL	DEVELOPMENTAL		