

PERFORMANCE CENTER SCHEDULE

SUMMER 2026

	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 FIT
12:00-1:45PM	DAP FIT	DAP FIT		DAP FIT	DAP FIT	
4:00-5:30PM	SPORTS PERFORMANCE	SPORTS PERFORMANCE	SPORTS PERFORMANCE	SPORTS PERFORMANCE		
5:00-6:30PM	FEMALE SPORTS PERFORMANCE	FEMALE SPORTS PERFORMANCE	FEMALE SPORTS PERFORMANCE	FEMALE SPORTS PERFORMANCE		
6:30-7:30PM		DEVELOPMENTAL	DEVELOPMENTAL	DEVELOPMENTAL		