



2011 Fall Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
OPEN Strength 3:00 p.m.- 4:00 p.m.	OPEN Strength 3:30 p.m.- 4:30 p.m.	OPEN Strength 3:30 p.m.- 4:30 p.m.	OPEN Speed 3:00 p.m.- 4:00 p.m.	OPEN Strength 3:30 p.m.- 4:30 p.m.	OPEN Strength 9:00 a.m.- 10:00 a.m.
OPEN Speed 3:30 p.m.- 4:30 p.m.	OPEN Speed 3:30 p.m.- 4:30 p.m.	OPEN Speed 3:30 p.m.- 4:30 p.m.	OPEN Strength 3:30 p.m.- 4:30 p.m.	OPEN Speed 3:30 p.m.- 4:30 p.m.	Jump Start 10:00 a.m.-11:00 a.m.
Total Conditioning II 4:30 p.m.- 5:30 p.m.	TPI Speed 5:00 p.m.- 6:00 p.m.	Total Conditioning II 4:30 p.m.- 5:30 p.m.	Jump Start 5:00 p.m.- 6:00 p.m.	Total Conditioning II 4:30 p.m.- 5:30 p.m.	OPEN Speed 11:00 a.m.-12:00 p.m.
Jump Start Total Conditioning I 5:30 p.m.- 6:30 p.m.	Jump Start 6:00 p.m.- 7:00 p.m.	TPI Speed 5:00 p.m.- 6:00 p.m.	TPII Speed 5:00 p.m.- 6:00 p.m.	Jump Start 5:30 p.m.- 6:30 p.m.	OPEN Strength 12:00 p.m.-1:00 p.m.
OPEN Speed 7:00 p.m.- 8:00 p.m.	OPEN Strength 6:30 p.m.- 7:30 p.m.	OPEN Strength 5:30 p.m.-6:30 p.m.	TPI Speed 6:00 p.m.- 7:00 p.m.	OPEN Speed 6:30 p.m.-7:30 p.m.	
OPEN Strength 7:00 p.m.- 8:00 p.m.	TPII Speed 7:00 p.m.- 8:00 p.m.	Jump Start 6:00 p.m.- 7:00 p.m.	Jump Start Total Conditioning I 6:00 p.m.- 7:00 p.m.	OPEN Strength 6:30 p.m.- 7:30 p.m.	
		TPII Speed 7:00 p.m.- 8:00 p.m.	OPEN Strength 7:00 p.m.- 8:00 p.m.		
		OPEN Strength 7:00 p.m.- 8:00 p.m.			

Hours: Monday-Friday 7 a.m.- 8 p.m. and Saturday 8 a.m.- 1 p.m., (207) 710-5509