


PERFORMANCE CENTER SUMMER SCHEDULE

6/6/22-8/12/22

		Monday	Tuesday	Wednesday	Thursday	Friday
5:00-6:00AM		ADULT LIFT-FIT		ADULT LIFT-FIT		ADULT LIFT-FIT
9:00-10:00AM		DEVELOPMENTAL (8-12 year old)	DEVELOPMENTAL (8-12 year old)	DEVELOPMENTAL (8-12 year old)	DEVELOPMENTAL (8-12 year old)	DEVELOPMENTAL (8-12 year old)
9:00-10:00AM		ADULT LIFT-FIT	ADULT LIFT-FIT	ADULT LIFT-FIT	ADULT LIFT-FIT	ADULT LIFT-FIT
10:30AM-12:00PM		COLLEGIATE PERFORMANCE	COLLEGIATE PERFORMANCE	COLLEGIATE PERFORMANCE	COLLEGIATE PERFORMANCE	COLLEGIATE PERFORMANCE
11:30- 2:00PM		OPEN LIFT	OPEN LIFT	OPEN LIFT	OPEN LIFT	OPEN LIFT
2:00-3:30PM		SPORTS PERFORMANCE (Middle/High School)	SPORTS PERFORMANCE (Middle/High School)	SPORTS PERFORMANCE (Middle/High School)	SPORTS PERFORMANCE (Middle/High School)	SPORTS PERFORMANCE (Middle/High School)
4:00-5:00PM		DEVELOPMENTAL (8-12 year old)	DEVELOPMENTAL (8-12 year old)	DEVELOPMENTAL (8-12 year old)	DEVELOPMENTAL (8-12 year old)	DEVELOPMENTAL (8-12 year old)
5:00-6:00PM		ACL BRIDGE		ACL BRIDGE		