

Winter 2020 Strength & Conditioning/Activity Room Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Early Riser Boot Camp 6:00-7:00 a.m.		Early Riser Boot Camp 6:00-7:00 a.m.				
		HIIT Bootcamp 9:00-10:00 a.m.		HIIT Bootcamp 9:00-10:00 a.m.		Family Parkour 12:00 - 1:00 p.m.	
Afternoon						Parkour & Free Running 1:00 - 2:00 p.m.	
Evening	Sport Ready 4:00-7:00 p.m.		Gaining the Edge Youth High Performance 4:00-5:00 p.m.	Parkour 4:00-7:00 p.m.	Gaining the Edge Youth High Performance 4:00-5:00 p.m.		
	Gaining the Edge Youth High Performance 5:00-6:00 p.m.		Range of Motion 7:45-8:45 p.m.				
		Derrick Club Functional Training 6:00-7:00 p.m.		Synergy 360 Circuit 6:00-7:00 p.m.			

- Strength & Conditioning Room
- Activity Room
- Class uses both rooms

Register on GameTime for all available classes.