

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:30a	Small Group/Semi-Private Special Programs (90 Day Challenge, Endurance Athlete Training) Hour long sessions that can start on every half hour						
6:00-7:00a	Dynamic Functional Performance Training (drop-ins)					Small-Group/ Semi-Prv/Specials	
6:30-9:30a	Small Group/Semi-Private Special Programs (90 Day Challenge, Endurance Athlete Training) Hour long sessions that can start on every half hour					DFPT (drop-in) 8:00-9:00am	
9:00-10:00a	Dynamic Functional Performance Training (drop-ins)					Small-Group/ Semi-Prv/Specials	
9:30-12:00a	Small Group/Semi-Private Special Programs (90 Day Challenge, Endurance Athlete Training) Hour long sessions that can start on every half hour					DFPT (drop-in) 10:00-11:00am	
12:00-1:00p	Dynamic Functional Performance Training (drop-ins)					Small-Group/ Semi-Prv/Specials	
1:00-3:00p							
3:00-5:00p	Dynamic Sports Performance Training						DFPT (drop-in) 4:00-5:00pm
5:00-6:30p	Small Group/Semi-Private Special Programs (90 Day Challenge, Endurance Athlete Training) Hour long sessions that can start on every half hour						
6:00-7:00p	Dynamic Functional Performance Training (drop-ins)						
6:30-8:00p	Small Group/Semi-Private Special Programs (90 Day Challenge, Endurance Athlete Training) Hour long sessions that can start on every half hour						