

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
8 am to 10 am Adult Strength	8 am to 10 am Adult Conditioning	8 am to 10 am Adult Strength	GYM CLOSED - ATHLETE FIELD SESSIONS TBD	8 am to 10 am Adult Conditioning	CLOSED	
10 am to 12 pm HS + College Strength	10 am to 12 pm HS + College Speed/Strength	10 am to 12 pm HS + College Strength	GYM CLOSED - ATHLETE FIELD SESSIONS TBD	10 am to 12 pm HS + College Strength		
12-5 pm GYM CLOSED	12-5 pm GYM CLOSED	12-5 pm GYM CLOSED	12-5 pm GYM CLOSED	12-4 pm GYM CLOSED		
5 pm to 8 pm Adult + Athlete Strength	5 pm to 8 pm Adult Conditioning + Athlete Speed/Strength **Middle School Athletes** 5-6:30 pm	5 pm to 8 pm Adult + Athlete Strength	5 pm to 8 pm Adult Conditioning + Athlete Speed/Strength **Middle School Athletes** 5-6:30 pm	4 pm to 6 pm Adult + Athlete Strength		

****How to Read Schedule**

1. Athletes/Clients show up within their designated hours and will be provided their programming - we do not do class schedules or set times beyond what is stated above.
2. The evening hours “Adult + Athletes” just means that both are present in the gym but they continue to get their separate, personalized programming.
3. Each athlete session takes about **60-90 minutes** and each adult session takes about **45-60 minutes**... so do *NOT* show up at 11:45 on a morning expecting a full workout. I will be closing at 12 noon sharp.
4. Monday - Wednesday - Friday will typically be more strength/lifting focused in the programming for the Athletes, with Tuesday and Thursday focusing on movement and speed. However this can always be modified to fit an athlete's schedule and needs.
5. Monday + Wednesday are the strength training days for the Adults and Tuesday + Friday are the conditioning days. Again, since we do not do a strict class schedule this can always be modified.
6. Weekend hours can be implemented if enough demand is warranted. For now, go outside and enjoy your weekends away from the gym - swim, hike, surf, play tennis, play basketball, do something else I don't care what.