

# Fall 2018 Class Schedule

Wednesday August 22<sup>nd</sup> – Wednesday November 21st



## Middle School Speed & Strength Training (Ages 11-13)

### 60 Minute Sessions

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
4:15-5:15pm	4:15-5:15pm 6:30-7:30pm	4:15-5:15pm	4:15-5:15pm 6:30-7:30pm	4:15-5:15pm

## High School Speed & Strength Training (Ages 14-18)

### 90 Minute Sessions

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
4:00-5:30pm 6:30-8:00pm	4:00-5:30pm	4:00-5:30pm 6:30-8:00pm	4:00-5:30pm	4:00-5:30pm 5:30-7:00pm	10:00-11:30am

## Adult Functional Group Training

### 45 Minute sessions

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
7:15-8:00am 9:00-9:45am 5:30-6:15pm 6:30-7:15pm	7:15-8:00am 9:00-9:45am 5:30-6:15pm 6:30-7:15pm	7:15-8:00am 9:00-9:45am 5:30-6:15pm 6:30-7:15pm	7:15-8:00am 9:00-9:45am 5:30-6:15pm 6:30-7:15pm	7:15-8:00am 9:00-9:45am 3:15-4:00pm	8:15-9:00am

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**\*Premier will be closed Saturday Sept. 1st-Monday Sept. 3rd for Labor Day**