Training Session Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Personal PT	Personal PT	Personal PT	Personal PT	Personal PT	Personal PT
7:00a	6:00a	7:00a	6:00a	7:00a	8:45a
9:00a	7:00a	8:00a	7:00a	8:00a	10:00a
10:00a	8:00a	11:00a	8:00a	11:00a	
5:30p	3:00p	5:30p	5:30p	5:00p	
6:30p	5:30p	6:30p	6:30p		
	6:30p				
Advanced PT	Advanced PT	Advanced PT	Advanced PT	Advanced PT	Advanced PT
6:00a	9:00a	5:30a	9:00a	5:30a	7:30a
7:30p	10:00a	6:15a	10:00a	6:15a	
	5:00p	7:30p	5:00p		
Metabolic PT	Metabolic PT	Metabolic PT	Metabolic PT	Metabolic PT	Metabolic PT
5:30a	5:30a	5:30a	5:30a	10:00a	7:00a
10:00a	6:00p	10:00a	6:00p		8:00a
5:30p	1	5:30p	•		
F		P			
ADAPT Performance	ADAPT Performance	ADAPT Performance	ADAPT Performance	ADAPT Performance	ADAPT Performance
4:15p	4:15p	4:15p	4:15p	4:15p	10:00a
6:30p	7:00p	6:30p	7:00p	·r	
P	- · · ·	P	P		
ADAPT Development		ADAPT Development			
5:00p		5:00p		F	UNCTIONAL
2 · 2 · 3 · P		2 P			NTEGRATED
ADAPT Fundamentals		ADAPT Fundamentals			RAINING
4:15p (45 min)		4:15p (45 min)			
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