



FUNCTIONAL  
INTEGRATED  
TRAINING

## New Training Session Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Personal PT</b> 7:00a 9:00a 10:00a 4:30p 5:30p 6:30p	<b>Personal PT</b> 6:00a 7:00a 8:00a 3:30p 4:30p 5:30p 6:30p	<b>Personal PT</b> 6:00a 7:00a 8:00a 11:00a 4:30p 5:30p 6:30p	<b>Personal PT</b> 6:00a 7:00a 8:00a 4:30p 5:30p 6:30p	<b>Personal PT</b> 6:00a 7:00a 8:00a 11:00a 3:30p 4:30p 5:30p	<b>Personal PT</b> 8:00a 9:00a 10:00a
<b>Advanced PT</b> 5:30a 5:30p	<b>Advanced PT</b> 9:00a 5:30p	<b>Advanced PT</b> 5:30a 5:30p	<b>Advanced PT</b> 9:00a 5:30p	<b>Advanced PT</b> 5:30a	<b>Advanced PT</b> 7:00a
<b>Metabolic PT</b> 5:30a 10:00a 5:30p	<b>Metabolic PT</b> 5:30a 5:30p	<b>Metabolic PT</b> 5:30a 10:00a 5:30p	<b>Metabolic PT</b> 5:30a 5:30p	<b>Metabolic PT</b> 5:30a 10:00a	<b>Metabolic PT</b> 7:00a 8:00a
<b>ADAPT Performance</b> 4:30p 6:30p	<b>ADAPT Performance</b> 4:30p	<b>ADAPT Performance</b> 4:30p 6:30p	<b>ADAPT Performance</b> 4:30p	<b>ADAPT Performance</b> 4:30p	<b>ADAPT Performance</b> 10:00a
<b>Olympic Lifting</b> 4:30p <b>5:30p</b>	<b>Olympic Lifting</b> 4:30p 5:30p	<b>Olympic Lifting</b> 6:45a 4:30p <b>5:30p</b>	<b>Olympic Lifting</b> 4:30p 5:30p	<b>Olympic Lifting</b> 6:45a	

