

CA

PERFORMANCE TRAINING

Day	Area	Class	Time
Monday	Performance	Challenge!	7:00:00 AM
Monday	Performance	Challenge!	9:00:00 AM
Monday	Performance	Challenge!	11:30:00 AM
Monday	Performance	Challenge!	4:00:00 PM
Monday	Performance	Challenge!	5:30:00 PM
Monday	Performance	FIT	6:00:00 PM
Monday	Performance	Challenge!	6:30:00 PM
Monday	Performance	FIT	7:00:00 PM
Tuesday	Performance	Challenge!	7:00:00 AM
Tuesday	Performance	Challenge!	9:00:00 AM
Tuesday	Performance	Challenge!	11:30:00 AM
Tuesday	Performance	Challenge!	4:00:00 PM
Tuesday	Performance	Challenge!	5:30:00 PM
Tuesday	Performance	FIT	6:00:00 PM
Tuesday	Performance	Challenge!	6:30:00 PM
Tuesday	Performance	FIT	7:00:00 PM
Wednesday	Performance	Challenge!	7:00:00 AM
Wednesday	Performance	Challenge!	9:00:00 AM
Wednesday	Performance	Challenge!	11:30:00 AM
Wednesday	Performance	Challenge!	4:00:00 PM
Wednesday	Performance	Challenge!	5:30:00 PM
Wednesday	Performance	FIT	6:00:00 PM
Wednesday	Performance	Challenge!	6:30:00 PM
Wednesday	Performance	FIT	7:00:00 PM
Thursday	Performance	Challenge!	7:00:00 AM
Thursday	Performance	Challenge!	9:00:00 AM
Thursday	Performance	Challenge!	11:30:00 AM
Thursday	Performance	Challenge!	4:00:00 PM
Thursday	Performance	Challenge!	5:30:00 PM
Thursday	Performance	FIT	6:00:00 PM
Thursday	Performance	Challenge!	6:30:00 PM
Thursday	Performance	FIT	7:00:00 PM
Friday	Performance	Challenge!	7:00:00 AM
Friday	Performance	Challenge!	9:00:00 AM
Friday	Performance	Challenge!	11:30:00 AM
Friday	Performance	Challenge!	4:00:00 PM
Friday	Performance	Challenge!	5:30:00 PM
Friday	Performance	FIT	6:00:00 PM
Friday	Performance	Challenge!	6:30:00 PM
Friday	Performance	FIT	7:00:00 PM
Saturday	Performance	Challenge!	10:00:00 AM
Saturday	Performance	Challenge!	6:00:00 PM

