

CA

PERFORMANCE TRAINING

Day	Area	Class	Time
Monday	Performance	Foundation for Speed	4:00:00 PM
Monday	Performance	Total Conditioning	4:00:00 PM
Monday	Performance	Transition to Strength	5:00:00 PM
Monday	Performance	Total Conditioning	6:00:00 PM
Monday	Performance	Cheer FIT	7:00:00 PM
Monday	Performance	Peak Performance	7:00:00 PM
Tuesday	Performance	Total Conditioning	4:00:00 PM
Tuesday	Performance	Transition to Strength	5:00:00 PM
Tuesday	Performance	Total Conditioning	6:00:00 PM
Tuesday	Performance	Foundation for Speed	6:00:00 PM
Tuesday	Performance	Cheer FIT	7:00:00 PM
Tuesday	Performance	Peak Performance	7:00:00 PM
Wednesday	Performance	Total Conditioning	4:00:00 PM
Wednesday	Performance	Foundation for Speed	4:00:00 PM
Wednesday	Performance	Transition to Strength	5:00:00 PM
Wednesday	Performance	Total Conditioning	6:00:00 PM
Wednesday	Performance	Cheer FIT	7:00:00 PM
Wednesday	Performance	Peak Performance	7:00:00 PM
Thursday	Performance	Total Conditioning	4:00:00 PM
Thursday	Performance	Transition to Strength	5:00:00 PM
Thursday	Performance	Foundation for Speed	6:00:00 PM
Thursday	Performance	Total Conditioning	6:00:00 PM
Thursday	Performance	Cheer FIT	7:00:00 PM
Friday	Performance	Foundation for Speed	4:00:00 PM
Friday	Performance	Transition to Strength	5:00:00 PM
Friday	Performance	Cheer FIT	7:00:00 PM