



2020 - Spring Training - Schedule

248.221.2259



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Boot Camp: Strength	Boot Camp: Cardio & Core	Boot Camp: Intervals	Boot Camp: Cardio & Core	Boot Camp: Strength	7:00am Boot Camp
8:00am	Boot Camp: Strength	Boot Camp: Cardio & Core	Boot Camp: Intervals	Boot Camp: Cardio & Core	Boot Camp: Strength	8:00am Boot Camp
9:00am	Boot Camp: Strength	Boot Camp: Cardio & Core	Boot Camp: Intervals	Boot Camp: Cardio & Core	Boot Camp: Strength	9:00am Team Training <i>Call for details</i>
1:00pm	Pro/College 2-Hour Class	Pro/College 2-Hour Class	Pro/College 2-Hour Class	Pro/College 2-Hour Class	Pro/College 2-Hour Class	<p>Team Training Our coaches are available for group speed, quickness, strength and injury prevention at your facility or ours!</p> <p>Private Training Take your training to new levels with your own private training sessions! Develop travel routines, increase strength, manage weight, its your program!</p>
3:00pm	Athletic Strength	Athletic Strength	Athletic Strength	Athletic Strength	Athletic Strength	
4:00pm	SAQ		SAQ		SAQ	
5:00pm	Sports Performance	Sports Performance	Sports Performance	Sports Performance	Sports Performance	
5:00pm	Rookies Ages 8-11	Rookies Ages 8-11	Rookies Ages 8-11	Rookies Ages 8-11	Rookies Ages 8-11	
6:00pm	Boot Camp: Strength	Boot Camp: Cardio & Core	Boot Camp: Strength	Boot Camp: Intervals	Ask us about facility rentals and Boot Camp Fund Raising opportunities for your team or foundation!	
7:00pm	Team Training <i>Call for details</i>	Team Training <i>Call for details</i>	Team Training <i>Call for details</i>	Team Training <i>Call for details</i>	Team Training <i>Call for details</i>	