



## TEAM CONDITIONING SCHEDULE

**Office Hours:** Mon - Thurs. 5:00a - 11:30a, 3:30p - 7:00p,  
 Fri. 5:00a - 11:00a, 3:30p - 6:00p, Sat. 7:00a - 10:00a

TIME	Mon	Tues	Wed	Thurs	Fri	Sat
5:00am	AFTERBURN		INDUSTRIAL STRENGTH		AFTERBURN	
8:00am					AFTERBURN	
8:30am						INDUSTRIAL STRENGTH
5:00pm	INDUSTRIAL STRENGTH				AFTERBURN	
6:00pm		AFTERBURN		INDUSTRIAL STRENGTH		

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*Schedule valid July 1, 2018 through December 1, 2018*

***\*Classes are subject to change at discretion\****