



Functional Training Room Schedule

3 Weeks

February 4 - February 24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:15am GRIT				5:45-6:15am GRIT	8:30-9am GRIT	
9-9:30am Core Power Clinic		8:30-9am Small Group Training w/Eve				
10:30-11am GRIT		10:30-11am GRIT				
		12-12:30pm Stretch Class				
			5-6pm Youth Tennis Fitness			
7-7:30pm GRIT		7-7:30pm GRIT				

For more information email, Jackie Ettore: at jettore@premierathletic.com