



Functional Training Room Schedule

MONTH OF SEPTEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6-6:54pm Small Group Training w/Natalie		6-6:54pm Small Group Training w/Natalie			
	9:30- 10:15am Small Group Training w/Natalie		9:30- 10:15am Small Group Training w/Natalie			

Grey areas the Functional Training Room is open, it is close during Small Group training in white
For more information, email: Jackie Etere at jettere@premierathletic.com