



# Functional Training Room Schedule

2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6-6:45am Small Group Training w/Natalie		6-6:45am Small Group Training w/Natalie		8:30-9:30 Small Group Training w/Amanda	
	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 Ettere at [jettere@premierathletic.com](mailto:jettere@premierathletic.com)