

# Performance Center Schedule

# August 1-18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-6:30am Functional Fitness Roy		5:30-6:30am Functional Fitness Roy		
						7:30-8:30 Functional Fitness Roy
						8:30-9:30 Functional Fitness Roy
	9:30-10:30am Functional Fitness Roy	9:30-10:30am Functional Fitness Roy	9:30-10:30am Functional Fitness Roy	9:30-10:30am Functional Fitness Roy	9:30-10:30 HIIT Stephanie	
	10:30-12 Open Gym Roy		10:30-12 Open Gym Roy	10:30-1 Open Gym Roy		
	12:00-1:00PM Functional Fitness Roy	10:30-11:15 Fit as a Family Beth, Angela	12:00-1:00PM Functional Fitness Roy			
		4:30-5:30 Functional Fitness Roy	1-4:30pm Open Gym Roy	4:30-5:30 Functional Fitness Roy	3-6 Open Gym Roy	
	6-6:45pm Kettlebell Austin	5:30-6:30 Functional Fitness Roy	5-6pm Functional Fitness Roy	5:30-6:30 Functional Fitness Roy		
	7-8:30pm Open Gym Austin	6:30-7:30 Olympic Lifting Roy		6:30-7:30 Olympic Lifting Roy		