

# Performance Center Schedule

# MAY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-6:30pm Functional Fitness Roy		5:30-6:30pm Functional Fitness Roy		
8am-9am Functional Fitness Roy						
9-11am Open Gym	8:30-9:30am Functional Fitness Roy	8:30-9:30am Olympic Lifting Roy	8:30-9:30am Functional Fitness Roy	8:30-9:30am Olympic Lifting Roy	8:30-11am Open Gym	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 Functional Fitness Lindsey
	12:00-1:00PM Functional Fitness Lindsey		12:00-1:00PM Functional Fitness Lindsey			
	4:30-5:30 Functional Fitness Lindsey	4:30-5:30 Functional Fitness Roy		4:30-5:30 Functional Fitness Roy	4-6pm Open Gym	
	5:30-6:30 Functional Fitness Lindsey	5:30-6:30 Functional Fitness Roy	5:30-6:30 Functional Fitness Lindsey	5:30-6:30 Functional Fitness Roy		
	6:30-7:30 Functional Fitness Lindsey	6:30-7:30 Olympic Lifting Roy	6:30-7:30 Functional Fitness Lindsey	6:30-7:30 Olympic Lifting Roy		
				7:30-9pm Open Gym		