



# PERFORMANCE TRAINING WEEKLY SCHEDULE

## Fall 2011

(September 6<sup>th</sup> through December 31, 2011)

**BY APPOINTMENT ONLY:**

**PLEASE CALL AHEAD TO SCHEDULE CLASSES**

### 10-12 Performance

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------|-----------|----------|--------|----------|
|        |         |           |          |        | 9:00am   |
| 5:00pm | 5:00pm  | 5:00pm    | 5:00pm   | 5:00pm |          |

### 12-14 Performance

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------|-----------|----------|--------|----------|
|        |         |           |          |        | 10:00am  |
| 6:00pm | 6:00pm  | 6:00pm    | 6:00pm   | 6:00pm |          |

### High School/College Performance

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------|-----------|----------|--------|----------|
| 3:15pm |         | 3:15pm    |          | 3:15pm | 11:00am  |
| 7:00pm | 7:00pm  | 7:00pm    | 7:00pm   | 7:00pm | SUNDAY   |
|        |         |           |          |        | 10:00am  |