Summer Schedule at the Performance Center

TIME	MONDAY	TUESDAY	Wednesday		THURSDAY	FRIDAY	
	Option 1	Option 1	Option 1	Option 2	Option 1	Option 1	Option 2
6:00 AM			Open Gym 6-7a			Open Gym 6-7a	
6:30 AM			Open dyni o 7a			Open dyni o 7a	
7:00 AM			Vertical Jump 1			Vertical Jump 1	
7:30 AM			Vertical Samp 1			vertical samp 1	
8:00 AM		Girls High School	Speed & Agility 1		Girls High School	Speed & Agility 1	
8:30 AM		diris riigii sciiooi	Speed a rightly 1		diris riigii sciiooi	Speed a rightly 1	
9:00 AM		Girls Middle School	Vertical Jump 2		Girls Middle School	Vertical Jump 2	
9:30 AM			vertical samp 2		diris rindale selles.	vertical samp 2	
	Middle School Cond.	High School	Speed & Agility 2		Middle School	Speed & Agility 2	
10:30 AM	,,	Conditioning	Speed a riginity 2		Cond.M/Tu/Th	Speed a riginty 2	
	Middle School Cond.	Middle School Cond.	Middle School Cond.	High School	Middle School Cond.	Middle School Cond.	High School
11:30 AM	M/Tu/Th	M/Tu/Th	W/Fri	Conditioning	M/Tu/Th	W/Fri	Conditioning
12:00 PM			Middle School Cond.	High School		Middle School Cond.	High School
12:30 PM			M/Fri	Conditioning		W/Fri	Conditioning
1:00 PM	Open Gym 1-2p	Open Gym 1-2p	Open Gym 1-2p		Open Gym 1-2p	Open Gym 1-2p	
1:30 PM							

