



Winter Schedule 2010

Oak Branch

Speed & Conditioning

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30 PM JS / JS2	4:30 PM TP1 / JS	4:30 PM JS / JS2	4:30 PM TP1 / JS	4:30 PM JS / JS2	9:30 AM JS / JS2
5:30 PM TP1	5:30 PM JS / JS2	5:30 PM TP1	5:30 PM JS / JS2	5:30 PM TP1 / TP2	10:30 AM TP1
6:30 PM TP1 / TP2	6:30 PM TP1/TP2	6:30 PM TP1/ TP2	6:30 PM TP1 / TP2		11:30 PM TP2

STRENGTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 PM Strength 1 Lower Body	6:00 PM Strength 1 Total Body	6:00 PM Strength 1 Lower Body	6:00 PM Strength 1 Total Body		
7:00 PM Strength 2 Lower Body	7:00 PM Strength 2 Total Body	7:00 PM Strength 2 Lower Body	7:00 PM Strength 2 Total Body		

P.E.A.K.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00-4:30 PM P.E.A.K.	3:00-4:30 PM P.E.A.K.	3:00-4:30 PM P.E.A.K.	3:00-4:30 PM P.E.A.K.		
7:30-9:00 PM P.E.A.K.	7:30-9:00 PM P.E.A.K.	7:30-9:00 PM P.E.A.K.	7:30-9:00 PM P.E.A.K.		

GREEN VALLEY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30 PM JS	4:30 PM JS	4:30 PM JS	4:30 PM JS	4:30 PM JS	9:30 AM JS
5:30 PM TP1	5:30 PM TP1	5:30 PM TP1	5:30 PM TP1	5:30 PM TP1	10:30 AM TP1
6:30 PM TP2	6:30 PM TP2	6:30 PM TP2	6:30 PM TP2	6:30 PM TP2	11:30 AM TP2

Class Descriptions on back. To Schedule classes call 478-2663