

# PERFORMANCE CENTER SCHEDULE

SUMMER 2025

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>5:30-6:30AM</b>	ADULT LIFT-FIT		ADULT LIFT-FIT		ADULT LIFT-FIT	
<b>9:00-10:00AM</b>	ADULT LIFT-FIT DEVELOPMENTAL	ADULT LIFT-FIT FIT				
<b>11:00AM - 12:30PM</b>	FEMALE SPORTS PERFORMANCE	FEMALE SPORTS PERFORMANCE		FEMALE SPORTS PERFORMANCE	FEMALE SPORTS PERFORMANCE	
<b>12:00-1:45PM</b>	DAP FIT			DAP FIT		
<b>2:00-3:30PM</b>	SPORTS PERFORMANCE	SPORTS PERFORMANCE		SPORTS PERFORMANCE	SPORTS PERFORMANCE	
<b>5:30-6:30PM</b>		DEVELOPMENTAL	DEVELOPMENTAL	DEVELOPMENTAL		