



ATHLETIC PERFORMANCE CENTER TRAINING HOURS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
X BLOCK	OPEN LIFT	OPEN LIFT	OPEN LIFT	OPEN LIFT	OPEN LIFT
2:30 – 3:00		WL CLUB		WL CLUB	
3:00 – 4:00	MAROON	GREY	MAROON	GREY	MAROON
4:00 – 5:00	GREY	MAROON	GREY	MAROON	GREY
5:00 – 6:00					

THE ATHLETIC PERFORMANCE TRAINING CENTER IS CLOSED DURING THESE TIME BLOCKS FOR GROUP TRAINING. MAKE SURE YOU ARE TRAINING WITH YOUR DESIGNATED GROUP.

**SCHEDULE IS SUBJECT TO CHANGE.
CONTACT COACH NICK WITH QUESTIONS
NDONNELLY@SJCI.COM**