

# Tentative Class Schedule: (Fall 2019)

\*Class times may change due to demand and special situations.

\*No classes will be held on holidays



Cutting Edge Sports Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am	Adult Strength & Conditioning 9 - 10am		Adult Strength & Conditioning 9 - 10am		Adult Strength & Conditioning 9 - 10am		
10am						Base Performance 10-11am	
11am						Advanced Performance 11am - Noon	
12pm							
3pm							Base Performance 3 - 4pm
4pm	Base Performance 4-5pm	Base Performance 4-5pm	Base Performance 4-5pm	Base Performance 4-5pm	Advanced Performance 4 - 5pm		
5pm	Advanced Performance 5 - 6pm	Advanced Performance 5 - 6pm	Advanced Performance 5 - 6pm	Advanced Performance 5 - 6pm			Advanced Performance 5 - 6pm
6pm	Advanced Performance 6 - 7pm	Advanced Performance 6 - 7pm	Advanced Performance 6 - 7pm	Advanced Performance 6 - 7pm			
7pm							

\*Personal Training Offered Daily, 6am - 8pm By Appointment

[www.CuttingEdgeAthletics.com](http://www.CuttingEdgeAthletics.com)