

	<b>TPA SAQ, Strength and Adult Training Schedule</b>				
	<b>Effective June 8, 2015 through August 21, 2015</b>				
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>6:00 AM</b>	<b>Adult Group Fitness</b>	<b>Adult Strength Training</b>	<b>Adult Group Fitness</b>	<b>Adult Strength Training</b>	<b>Adult Group Fitness</b>
<b>7:00 AM</b>					
<b>8:00 AM</b>					
<b>9:00 AM</b>	<b>Adult Group Fitness</b>	<b>Adult Strength Training</b>	<b>Adult Group Fitness</b>	<b>Adult Strength Training</b>	<b>Adult Group Fitness</b>
<b>10:00 AM</b>	<b>Team Training</b>	<b>Team Training</b>	<b>Team Training</b>	<b>Team Training</b>	<b>Team Training</b>
<b>11:00 AM</b>	<b>Adv/Dev Strength</b>	<b>Adv/Dev Strength</b>	<b>Adv/Dev Strength</b>	<b>Adv/Dev Strength</b>	<b>Adv/Dev Strength</b>
<b>12:00 PM</b>	<b>Adv/Dev SAQ</b>	<b>Adv/Dev SAQ</b>	<b>Adv/Dev SAQ</b>	<b>Adv/Dev SAQ</b>	<b>Adv/Dev SAQ</b>
<b>1:00 PM</b>					
<b>2:00 PM</b>					
<b>3:00 PM</b>					
<b>4:00 PM</b>	<b>Adv/Dev Strength</b>	<b>Adv/Dev SAQ</b>	<b>Adv/Dev Strength</b>	<b>Adv/Dev SAQ</b>	<b>Adv/Dev Strength</b>
<b>5:00 PM</b>	<b>Adv/Dev SAQ</b>	<b>Adv/Dev Strength</b>	<b>Adv/Dev SAQ</b>	<b>Adv/Dev Strength</b>	<b>Adv/Dev SAQ</b>
<b>6:00 PM</b>	<b>Fundamental SAQ</b>	<b>Fundamental SAQ</b>	<b>Fundamental SAQ</b>	<b>Fundamental SAQ</b>	
		Adv/Dev= High School/Middle School			
		Fundamental= Elementary School **45 min class**			