

HIGH PERFORMANCE TRAINING CENTRE PROGRAM SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00-7:00 PM	Open Gym	Functional Fitness	Workout Wednesdays	Functional Fitness	Open Gym		
7:00-8:00 PM		Olympic Lifting	Open Gym	Gymnastics			
8:00-9:00 PM							

Classes are available upon registration. 13 spots available per program.

Open Gym is available to members as a membership add-on for \$19/month & non-members for \$19/day pass

- FREE**
- Workout Wednesdays
- Functional Fitness
- Olympic Lifting
- Gymnastics
- Open Gym