

# MoVE Performance Training & Coaching 2017 Summer Schedule

June 1 through August 5

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Semi-Private**



6:30-7:30 am  
11:30 am-12:30 pm  
7:00-8:00 pm

7:30-8:30 am  
11:30 am-12:30 pm  
5:00-6:00 pm

6:30-7:30 am  
11:30 am-12:30 pm  
7:00-8:00 pm

7:30-8:30 am  
11:30 am-12:30 pm  
5:00-6:00 pm

6:30-7:30 am  
11:30 am-12:30 pm

**Youth/HS Edge**



3:00-4:00 pm

10:30-11:30 am  
4:00-5:00 pm

3:00-4:00 pm

10:30-11:30 am  
4:00-5:00 pm

3:00-4:00pm

**Youth/HS Fit**



10:30-11:30 am  
4:00-5:00 pm

3:00-4:00 pm

10:30-11:30 am  
4:00-5:00 pm

3:00-4:00 pm

10:30-11:30 am  
4:00-5:00 pm

**Summer Heat**



12:30-1:30 pm  
6:00-7:00 pm

12:30-1:30 pm  
6:00-7:00 pm

12:30-1:30 pm  
6:00-7:00 pm

12:30-1:30 pm  
6:00-7:00 pm

12:30-1:30 pm

**PLEASE NOTE:**

Saturdays are 'flex' days if your schedule does not allow you to complete a regular weekday session.  
Private sessions are by appointment.