

	M monday	T tuesday	W wednesday	T thursday	F friday	S saturday
6:00am	Dynamic Group Training	Multi Sport	Dynamic Group Training	ViPR™	Dynamic Group Training	
8:00am						Kettlebell & TRX 1st SAT. Kettlebell 2nd & 4th SAT.
9:00am		Kettlebell		Kettlebell		ViPR™ 1st & 3rd SAT.
10:00am	Dynamic Group Training		Dynamic Group Training		Dynamic Group Training	
10:15am		BootCamp		BootCamp		
4:00pm	Performance Training		Performance Training			
4:15pm		teenEDGE				
5:00pm		TRX		TRX		
5:30pm	I.C.E.	Combat Conditioning	I.C.E.	Combat Conditioning		
6:30pm	ViPR™		ViPR™			REV 05/01/2011



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For more information regarding The EDGE Performance Training, please contact the Activities Desk at 503.968.4555.