

Fall 2019 Pack Training Schedule

Sessions begin Monday 9/9 and end Thursday 11/14 (10 weeks).

All sessions are 60 minutes in length; please arrive 10-15 minutes early.

TIME	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:30 AM	Functional Training Studio	Pack Session 1 <i>Mike</i>	Pack Session 2 <i>Dom</i>	Pack Session 1 <i>Mike</i>	Pack Session 2 <i>Dom</i>
7:45 AM	Functional Training Studio	Pack Session 3 <i>Leah/Anna</i>	Pack Session 4 <i>Jamiah</i>	Pack Session 3 <i>Leah/Anna</i>	Pack Session 4 <i>Jamiah</i>
12:00 PM	Functional Training Studio	Pack Session 5 <i>Kelsey</i>		Pack Session 5 <i>Kelsey</i>	
12:15 PM	Functional Training Studio		Pack Session 6 <i>Bowen</i>		Pack Session 6 <i>Bowen</i>
5:30 PM	Functional Training Studio	Pack Session 7 <i>Nancy</i>		Pack Session 7 <i>Nancy</i>	
7:00 PM	Functional Training Studio		Pack Session 8 <i>Julianne</i>		Pack Session 8 <i>Julianne</i>