



Total Performance Class Schedule

August 2020



- 1 Class per week (\$125/month)
- 2 Classes per week (\$200/month)
- 3 Classes per week (\$250/month)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:00 – 4:30					
4:30 – 6:00	Strength & Speed Class		Strength & Speed Class	Pitching Class	
6:00 – 7:30	Strength & Speed Class		Strength & Speed Class	Pitching Class	
7:30 – 9:00					

***Hitting Classes will begin in September**