

# FALL - SPRING SCHEDULE

**Elite Grit: 75 minutes**  
**Junior Grit: 60 minutes**  
**Mini Grit: 60 minutes**  
**Life Grit: 60 minutes**  
 Private Training: 60 minutes  
 Assessments: 75 - 90 minutes



| Time                               | Monday                           | Tuesday                          | Wednesday                        | Thursday                         | Friday                           | Saturday                         |
|------------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| <b>ADULT FUNCTIONAL FITNESS</b>    |                                  |                                  |                                  |                                  |                                  |                                  |
| 6:00 – 7:00 AM                     | <b>LIFE GRIT</b>                 | ASSESSMENTS,<br>PRIVATE TRAINING | <b>LIFE GRIT</b>                 | ASSESSMENTS,<br>PRIVATE TRAINING | <b>LIFE GRIT</b>                 | ASSESSMENTS,<br>PRIVATE TRAINING |
| 7:00 – 2:00 PM                     | ASSESSMENTS,<br>PRIVATE TRAINING |                                  | ASSESSMENTS,<br>PRIVATE TRAINING |                                  | ASSESSMENTS,<br>PRIVATE TRAINING | ASSESSMENTS,<br>PRIVATE TRAINING |
| <b>SPORTS PERFORMANCE TRAINING</b> |                                  |                                  |                                  |                                  |                                  |                                  |
| 3:45 – 5 PM                        | <b>ELITE GRIT</b>                | <b>ELITE GRIT</b>                | <b>ELITE GRIT</b>                | <b>ELITE GRIT</b>                | ASSESSMENTS,<br>PRIVATE TRAINING | ASSESSMENTS,<br>PRIVATE TRAINING |
| 5:15 – 6:15 PM                     | ASSESSMENTS,<br>PRIVATE TRAINING | <b>MINI GRIT</b>                 | ASSESSMENTS,<br>PRIVATE TRAINING | <b>MINI GRIT</b>                 |                                  |                                  |
| 5:15 – 6:15 PM                     | <b>JUNIOR GRIT</b>               | <b>JUNIOR GRIT</b>               | <b>JUNIOR GRIT</b>               | <b>JUNIOR GRIT</b>               |                                  |                                  |
| 6:30 – 7:45 PM                     | <b>ELITE GRIT</b>                | <b>ELITE GRIT</b>                | <b>ELITE GRIT</b>                | <b>ELITE GRIT</b>                |                                  |                                  |