



OA Performance Center

Spectrum Healthcare Partners

Master Schedule 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|---|
| <p><u>Ages 7-11:</u> Jump Start Strength 5:00pm – 6:00pm</p> <p>Jump Start 6:00pm – 7:00pm</p> <p><u>Ages 12-18:</u> Open Gym 3:00pm – 8:00pm</p> <p>Total Conditioning II 4:00pm – 5:00pm</p> <p><u>Adults:</u> Open Gym (staffed) 5:30am – 9:30am 3:00pm – 8:00pm Open Gym (unstaffed) 9:30am – 3:00pm</p> | <p><u>Ages 7-11:</u> Jump Start 5:00pm – 6:00pm</p> <p>Jump Start Strength 6:00pm – 7:00pm</p> <p><u>Ages 12-18:</u> Open Gym 3:00pm – 8:00pm</p> <p>Total Conditioning II 4:00pm – 5:00pm</p> <p><u>Adults:</u> Open Gym (staffed) 5:30am – 9:30am 3:00pm – 8:00pm Open Gym (unstaffed) 9:30am – 3:00pm</p> | <p><u>Ages 7-11:</u> Jump Start Strength 5:00pm – 6:00pm</p> <p>Jump Start 6:00pm – 7:00pm</p> <p><u>Ages 12-18:</u> Open Gym 3:00pm – 8:00pm</p> <p>Total Conditioning II 4:00pm – 5:00pm</p> <p><u>Adults:</u> Open Gym (staffed) 5:30am – 9:30am 3:00pm – 8:00pm Open Gym (unstaffed) 9:30am – 3:00pm</p> | <p><u>Ages 7-11:</u> Jump Start 5:00pm – 6:00pm</p> <p>Jump Start Strength 6:00pm – 7:00pm</p> <p><u>Ages 12-18:</u> Open Gym 3:00pm – 8:00pm</p> <p>Total Conditioning II 4:00pm – 5:00pm</p> <p><u>Adults:</u> Open Gym (staffed) 5:30am – 9:30am 3:00pm – 8:00pm Open Gym (unstaffed) 9:30am – 3:00pm</p> | <p><u>Ages 7-11:</u> Jump Start 5:00pm – 6:00pm</p> <p><u>Ages 12-18:</u> Open Gym 3:00pm – 8:00pm</p> <p>Total Conditioning II 4:00pm – 5:00pm</p> <p><u>Adults:</u> Open Gym (staffed) 5:30am – 9:30am 3:00pm – 8:00pm Open Gym (unstaffed) 9:30am – 3:00pm</p> | <p><u>Ages 7-11:</u> Jump Start 9:00am – 10:00am</p> <p><u>Ages 12-18:</u> Open Gym (staffed) 7:00am – 9:00am 10:00am – 12:00pm</p> <p><u>Adults:</u> Open Gym (staffed) 7:00am – 9:00am 10:00am – 12:00pm Open Gym (unstaffed) 9:00am – 10:00am</p> <p><u>Performance Reviews</u> 12:00pm – 1:00pm</p> |

This schedule is effective January 2, 2019

Monday-Thursday 5:30am to 8:00pm

Friday 5:30am to 6:00pm

Saturday 7:00am to 1:00pm

(207) 710-5509