

# POWER Performance Systems

## SPEED/STRENGTH CLASSES

<b>MONDAY</b>	<b>ADULT CLASS</b>	<b>ATHLETE CLASS</b>	<b>ATHLETE CLASS</b>	<b>ADULT CLASS</b>	<b>ATHLETE CLASS</b>
	60 minute	90 MINUTE	90 MINUTE	60 MINUTE	90 MINUTE
START TIME	10:00 AM	3:00PM	4:30PM	6:00PM	7:00PM
END TIME	11:00 AM	4:30PM	6:00PM	7:00PM	8:30PM
<b>TUESDAY</b>	<b>ADULT CLASS</b>	<b>ATHLETE CLASS</b>	<b>ATHLETE CLASS</b>	<b>ATHLETE CLASS</b>	
	60 MINUTE	90 MINUTE	90 MINUTE	90 MINUTE	
START TIME	9:00AM	3:30PM	5:00PM	6:30PM	
END TIME	10:00AM	5:00PM	6:30PM	8:00PM	
<b>WEDNESDAY</b>	<b>ADULT CLASS</b>	<b>ATHLETE CLASS</b>	<b>ATHLETE CLASS</b>	<b>ADULT CLASS</b>	<b>ATHLETE CLASS</b>
	60 minute	90 MINUTE	90 MINUTE	60 MINUTE	90 MINUTE
START TIME	10:00 AM	3:00PM	4:30PM	6:00PM	7:00PM
END TIME	11:00 AM	4:30PM	6:00PM	7:00PM	8:30PM
<b>THURSDAY</b>	<b>ADULT CLASS</b>	<b>ATHLETE CLASS</b>	<b>ATHLETE CLASS</b>	<b>ATHLETE CLASS</b>	
	60 MINUTE	90 MINUTE	90 MINUTE	90 MINUTE	
START TIME	9:00AM	3:30PM	5:00PM	6:30PM	
END TIME	10:00AM	5:00PM	6:30PM	8:00PM	
<b>FRIDAY</b>	<b>ADULT CLASS</b>	<b>ATHLETE CLASS</b>	<b>ATHLETE CLASS</b>	<b>ATHLETE CLASS</b>	
	60 minute	90 MINUTE	90 MINUTE	90 MINUTE	
START TIME	10:00 AM	3:30PM	5:00PM	6:30PM	
END TIME	11:00 AM	5:00PM	6:30PM	8:00PM	
<b>SATURDAY</b>	<b>ADULT CLASS</b>	<b>ATHLETE CLASS</b>	<b>ATHLETE CLASS</b>	POWER Performance systems 6635 DUBLIN CENTER DRIVE DUBLIN, OHIO 43017	
	60 MINUTE	90 MINUTE	90 MINUTE		
START TIME	9:30AM	10:30AM	12:00PM		
END TIME	10:30AM	12:00PM	1:30PM	SCHEDULE WITH NATE FUGITT 614.306.5497 <a href="mailto:natefugitt@hotmail.com">natefugitt@hotmail.com</a>	
<b>SUNDAY</b>	<b>ADULT CLASS</b>	<b>ATHLETE CLASS</b>	<b>ATHLETE CLASS</b>		
	60 MINUTE	90 MINUTE	90 MINUTE		
START TIME	9:30AM	10:30AM	12:00PM		
END TIME	10:30AM	12:00PM	1:30PM		

12-HOUR CANCELLATION POLICY

CALL/EMAIL CANCELLATIONS TO AVOID CHARGE. THERE WILL BE A \$15 FEE FOR ANYONE NOT CALLING/EMAILING TO CANCEL A SESSION

**SORRY, POWER PERFORMANCE SYSTEMS WILL NOT GIVE REFUNDS.**