

POWER PERFORMANCE SYSTEMS (DUBLIN)

SUMMER SCHEDULE

SPEED AND STRENGTH TRAINING

JUNE/JULY/AUGUST

Monday	10:00am	11:30am	5:00pm	6:30pm
speed	10-10:45am	11:30am-12:15pm	5pm-5:45pm	6:30pm-7:15pm
strength	10:45-11:30am	12:15pm-1pm	5:45pm-6:30pm	7:15pm-8pm
Tuesday	9:30am	11:00am	4:30pm	6:00pm
speed	9:30am-10:15am	11am-11:45am	4:30pm-5:15pm	6pm-6:45pm
strength	10:15am-11am	11:45am-12:30pm	5:15pm-6pm	6:45pm-7:30pm
Wednesday	10:00am	11:30am	5:00pm	6:30pm
speed	10-10:45am	11:30am-12:15pm	5pm-5:45pm	6:30pm-7:15pm
strength	10:45-11:30am	12:15pm-1pm	5:45pm-6:30pm	7:15pm-8pm
Thursday	9:30am	11:00am	4:30pm	6:00pm
speed	9:30am-10:15am	11am-11:45am	4:30pm-5:15pm	6pm-6:45pm
strength	10:15am-11am	11:45am-12:30pm	5:15pm-6pm	6:45pm-7:30pm
Friday	10:00am	11:30am	5:00pm	6:30pm
speed	10-10:45am	11:30am-12:15pm	5pm-5:45pm	6:30pm-7:15pm
strength	10:45-11:30am	12:15pm-1pm	5:45pm-6:30pm	7:15pm-8pm
Saturday	9:00am	10:30am	12pm	
speed	9-9:45am	10:30am-11:15am	12-12:45pm	
strength	9:45am-10:30am	11:15am-12pm	12:45pm-1:30pm	
Sunday	9:00am	10:30am	12pm	
speed	9-9:45am	10:30am-11:15am	12-12:45pm	
strength	9:45am-10:30am	11:15am-12pm	12:45pm-1:30pm	

Power Performance Systems (Dublin) will be closed on July 4th. All trainings must be scheduled in advanced and you must call to cancel an appointment to avoid a no contact/no show fee of \$15. A 2 hour notice is required for all group training cancellations to avoid fee.

For info and to schedule an appointment, please call or text Nate Fugitt @ 614.306.5497 or email natefugitt@hotmail.com