

POWER PERFORMANCE SYSTEMS (DUBLIN)

FALL SCHEDULE '10

SPEED AND STRENGTH TRAINING

September/October/November

Monday	10:00am	3:30pm	5:00pm	6:30pm
speed	Adult Fitness	3:30pm-4:15pm	5pm-5:45pm	6:30pm-7:15pm
strength	Only	4:15pm-5pm	5:45pm-6:30pm	7:15pm-8pm
Tuesday	10:00am	3:30pm	5:00pm	6:30pm
speed	Adult Fitness	3:30pm-4:15pm	5pm-5:45pm	6:30pm-7:15pm
strength	Only	4:15pm-5pm	5:45pm-6:30pm	7:15pm-8pm
Wednesday	10:00am	3:30pm	5:00pm	6:30pm
speed	Adult Fitness	3:30pm-4:15pm	5pm-5:45pm	6:30pm-7:15pm
strength	Only	4:15pm-5pm	5:45pm-6:30pm	7:15pm-8pm
Thursday	10:00am	3:30pm	5:00pm	6:30pm
speed	Adult Fitness	3:30pm-4:15pm	5pm-5:45pm	6:30pm-7:15pm
strength	Only	4:15pm-5pm	5:45pm-6:30pm	7:15pm-8pm
Friday	10:00am	3:30pm	5:00pm	6:30pm
speed	Adult Fitness	3:30pm-4:15pm	5pm-5:45pm	6:30pm-7:15pm
strength	Only	4:15pm-5pm	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 Oct 10th and Nov. 25th, 26th. All trainings must be scheduled 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 nathanfugitt@gmail.com