



# SEMI PRIVATE COACHING

2022 Timetable

**Mon**

**Tues**

**Wed**

**Thurs**

**Fri**

**6:00AM S&C**

**6:00AM ADP**

**9:30AM S&C**

**11:00AM S&C**

**4:30PM SP**

**5:30PM ADP**

**6:00PM S&C**

**5:30PM S&C**

**4:30PM SP**

**5:30PM ADP**

**6:00AM S&C**

**6:00AM ADP**

**5:30PM S&C**

**6:30PM S&C**

**9:30AM S&C**

**11:00AM S&C**

**SP: Strength Program ADP: Athlete Development Program S&C: Strength & Conditioning Program**