



MAY SCHEDULE

KEY

- ADULT PROGRAMS
- YOUTH PROGRAMS

SPORTS PERFORMANCE

Monday	Tuesday	Wednesday	Thursday	Sunday
Nook RX 6:15 – 7:15 PM Sports Performance Alec	Nook RX 5:30 – 6:30 AM Sports Performance Amanda	Nook RX 6:15 – 7:15 PM Sports Performance Mark	Nook RX 5:30 – 6:30 AM Sports Performance Amanda	Nook RX 9 - 10 AM Sports Performance Jessica
	Teen Nook RX 5:30 – 6:30 PM Sports Performance Coach Fish		Teen Nook RX 5:30 – 6:30 PM Sports Performance Coach Fish	Teen Nook RX 12 – 1 PM Sports Performance Coach Fish
	Nook RX 6:15 – 7:15 PM Sports Performance Mark		Nook RX 6:15 – 7:15 PM Sports Performance Jessica	

MAY 16TH

DEKA STRONG

MAY 30TH

NOOK ATHLETE COMBINE