

SIX1FIVE

SPORTS TRAINING

Mt. Juliet Class Schedule

Accelerate Class (Ages 6-9)
 Speed/Strength/Agility
 MTWThF - 3:30-4:30p

Elevate Class (Ages 10-14)
 Speed Class
 MTWThF - 4:30-5:30p & 5:30-6:30p
 TuTh - 5:30-6:30p

Dominate Class (Ages 15+)
 Speed Class
 MTWThF - 4:30-5:30p & 5:30-6:30p
 TuTh - 5:30-6:30p

Personal Training & Sports Skills
 Appointments are scheduled
 independently

Adult Fitness Class
 Cardio/Functional Strength Training
 M-F - 6:30a-7:15a, 7:25a-8:10a & 8:20a-9:05a

Strength Class
 MTWThF - 5:30-6:30p

Strength Class
 MWF - 5:30-6:30p & 6:30-7:30p
 TuTh - 5:30-6:30 & 6:30-7:30p

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30a	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness
7:15a					
7:25a	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness
8:10a					
8:20a	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness
9:05a					
3:00p	Accelerate Class	Accelerate Class	Accelerate Class	Accelerate Class	Accelerate Class
3:30p					
4:00p	Speed Class	Speed Class	Speed Class	Speed Class	Speed Class
4:30p					
5:00p	Speed Class	Speed Class	Speed Class	Speed Class	Speed Class
5:30p	Strength Class	Strength Class	Strength Class	Strength Class	Strength Class
6:00p	Speed Class	Speed Class	Speed Class	Speed Class	Speed Class
6:30p	Strength Class	Strength Class	Strength Class	Strength Class	Strength Class
7:00p					
7:30p					
8:00p					

Open Saturday & Sunday by appointment only