



Weekly Training Schedule Fall 2020
Naples, FL 239-537-1919

Fundamentals (4th-5th grade)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:00-6:15	5:00-6:15	5:00-6:15			

Competitive Performance (Middle School)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:00-6:15	5:00-6:15	5:00-6:15			10:30-11:30

Elite Performance (ages 15-18)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
3:30 - 4:45	3:30 - 4:45	3:30 - 4:45	3:30 - 4:45		10:30-11:30

Athletic Sculpt (Adults)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:00 - 6:00	7:15-8 am	5:00 - 6:00	7:15-8 am		

All Training Days/Times are subject to change

TAP reserves the right to cancel any training session without notice

* Combo Competitive & Elite Training Sessions

Hours of Operation

Monday - Thursday 8:00 AM - 7:00 PM

Friday 8:00 AM - 12:30 PM

Saturday 10:00 AM - 11:00 AM