

THE ATHLETE FACTORY

Thanksgiving Week

Monday, November 20th through Sunday, November 26th

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9-10am	*Total Strength (Lower)		*Total Strength (Upper)		*Metabolic Conditioning		
10-11am	Varsity Strength & Power	Varsity Strength & Power	Varsity Strength & Power		Varsity Strength & Power	Junior Varsity Speed & Agility	
11am-12pm	Varsity	Junior Varsity	Varsity	Junior Varsity	Varsity	Junior Varsity	
3:30-4:30pm	Varsity Strength & Power	Varsity Strength & Power	Varsity Strength & Power	<p>The Athlete Factory will be operating on this modified schedule for the week of November 20th-26th</p> <p>We will be CLOSED for Thanksgiving on Thursday, November 23rd</p> <p>Our regular schedule will resume Monday, November 27th</p>			
4:30-5:30pm		Varsity	Junior Varsity				
5:30-6:30pm	Varsity	Junior Varsity	Varsity				

**Adult conditioning classes*

Classes are subject to change or cancelation

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