



MOVEMENT FITNESS

MAY 15 - JUNE 4 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am	Semi Private		Semi Private		Semi Private	
5:30am	Semi Private	Semi Private	Semi Private		Semi Private	
6:15am	Sports Performance		Sports Performance		Sports Performance	
6:30am	Semi Private		Semi Private			
7:30am	Semi Private	Semi Private	Semi Private		Semi Private	Team Training
8:30am	Semi Private	Semi Private	Semi Private		Semi Private	
9:00am						Sports Performance
11:30am	Semi Private		Semi Private	Semi Private	Semi Private	
12:30pm	Semi Private		Semi Private	Semi Private	Semi Private	
3:45am	Sports Performance		Sports Performance		Sports Performance	
3:30pm	Semi Private		Semi Private		Semi Private	
5:00pm	Sports Performance	Sports Performance	Sports Performance	Sports Performance	Sports Performance	
4:30pm	Semi Private	Semi Private	Semi Private	Semi Private	Semi Private	
5:30pm	Semi Private	Semi Private	Semi Private	Semi Private	Semi Private	
6:00pm		Sport Performance		Sport Performance		
6:30pm	Semi Private		Semi Private			
6:30pm	Sport Performance		Sport Performance			

Semi Private - 1 hours sessions

Sports Performance - 1 hour 15 min sessions

MOVEMENTFITNESSROCKFORD.COM
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