



**L A T I T U D E**  
sports clubs

# Athletic Conditioning Clinic Schedule

| Monday              | Tuesday                    | Wednesday           | Thursday               | Friday               | Saturday   | Sunday |
|---------------------|----------------------------|---------------------|------------------------|----------------------|--|--------|
|                     | 6-7 AM<br>Strength         |                     | 6-7 AM<br>Speed        |                      |  |        |
|                     | 7-8 AM<br>Endurance        |                     | 7-8 AM<br>Strength     |                      |  |        |
| 8-9 AM<br>Strength  |                            | 8-9AM<br>Endurance  |                        | 8-9 AM<br>Speed      | 8-9 AM<br>Strength   |        |
| 9-10 AM<br>Speed    |                            | 9-10 AM<br>Strength |                        | 9-10 AM<br>Endurance | 9-10 AM<br>Speed   |        |
|                     | 10-11 AM<br>Speed          |                     | 10-11 AM<br>Strength   |                      | 10-11 AM<br>Endurance  |        |
|                     | 11 AM - 12 PM<br>Endurance |                     | 11 AM - 12 PM<br>Speed |                      | 11 AM - 12 PM<br>Strength  |        |
|                     | 4-5 PM<br>Strength         |                     | 4-5 PM<br>Speed        |                      | <p>Select the three days &amp; times that are best for you.</p> <p>Register at the front desk.<br/>-Salisbury Club Only-</p> <p>Non-Members Welcome!<br/>Access to club during ACC session times only</p> <p>Unused sessions cannot be applied towards other clinics or programming.</p> |        |
|                     | 5-6 PM<br>Endurance        |                     | 5-6 PM<br>Strength     |                      |  |        |
| 6-7 PM<br>Endurance |                            | 6-7 PM<br>Strength  |                        | 6-7 PM<br>Speed      |  |        |
| 7-8 PM<br>Strength  |                            | 7-8 PM<br>Speed     |                        | 7-8 PM<br>Endurance  |  |        |
| Monday              | Tuesday                    | Wednesday           | Thursday               | Friday               | Saturday   | Sunday |