

UNIFIED

HEALTH & PERFORMANCE™

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30	X	Adult Group Classs	Adult Group Classs	Adult Group Classs	X	X
7:30-8:30		Runner's Strength and Conditioning		Runner's Strength and Conditioning		Adult Group Class
8:30-9:30	Adult Group Classs	Adult Group Classs		Adult Group Classs	Adult Group Classs	
9:30-10:30	8th Grade Transitional + High School S&C	Nashoba Field Hockey	8th Grade Transitional + High School S&C	Nashoba Field Hockey	8th Grade Transitional + High School S&C	
10:30-11:30	X	X	X	X		SOMA Powerlifting 10:00-11:00
11:30-12:00	X	X	X	X		
12:00-1:00	Nashoba Soccer/High School/College Lifting	High School/College Lifting	High School/College Lifting	Nashoba Soccer/High School/College Lifting	High School/College Lifting	8th Grade Transitional + High School S&C
1:00-1:45	TS @ 1:00		TS @ 1:00			
1:45-2:45	CB + DB @ 1:45	CB + DB @ 1:45			CB + DB @ 1:45	
2:45-3:45	Adaptive Group Class	8th Grade Transitional + High School S&C	Adaptive Group Class	8th Grade Transitional + High School S&C	Adaptive Group Class	
4:00-5:00	Youth Strength and Conditioning	Youth Strength and Conditioning		Youth Strength and Conditioning		X
5:00-6:00	Nashoba Field Hockey	Clean	Nashoba Field Hockey	Clean	Clean	X
6:00-7:00	Adaptive Group Class		Adaptive Group Class			X
7:00-7:30	Clean		Clean			X