

BELLINGHAM FALL - SPRING SCHEDULE

Elite Grit: 75 minutes
 Junior Grit: 60 minutes
 Mini Grit: 60 minutes
 Life Grit: 60 minutes
 Private Training: 60 minutes
 Assessments: 75 - 90 minutes



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ADULT FUNCTIONAL FITNESS						
6:00 – 7:00 AM	LIFE GRIT		LIFE GRIT		LIFE GRIT	ASSESSMENTS, PRIVATE TRAINING
7:00 – 2:00 PM	ASSESSMENTS, PRIVATE TRAINING	ASSESSMENTS, PRIVATE TRAINING	ASSESSMENTS, PRIVATE TRAINING	ASSESSMENTS, PRIVATE TRAINING	ASSESSMENTS, PRIVATE TRAINING	ELITE GRIT 11:15 – 12:30 PM
SPORTS PERFORMANCE TRAINING						ASSESSMENTS, PRIVATE TRAINING
3:45 – 5 PM	ELITE GRIT	ASSESSMENTS, PRIVATE TRAINING	ELITE GRIT	ASSESSMENTS, PRIVATE TRAINING	ELITE GRIT	
5:15 – 6:15 PM	JUNIOR GRIT	JUNIOR GRIT	JUNIOR GRIT	JUNIOR GRIT	ASSESSMENTS, PRIVATE TRAINING	
5:15 – 6:15 PM	LIFE GRIT	ASSESSMENTS, PRIVATE TRAINING	LIFE GRIT	ASSESSMENTS, PRIVATE TRAINING	ASSESSMENTS, PRIVATE TRAINING	
6:30 – 7:45 PM	ELITE GRIT	ELITE GRIT	ELITE GRIT	ELITE GRIT	ASSESSMENTS, PRIVATE TRAINING	