

BURLINGTON FALL - SPRING SCHEDULE

Elite Grit: 75 minutes

Junior 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	ELITE GRIT 11:15 AM — 12:30 PM
SPORTS PERFORMANCE TRAINING						ASSESSMENTS, PRIVATE TRAINING
3:45 — 5:00 PM	ELITE GRIT	ELITE GRIT	ELITE GRIT	ELITE GRIT	ASSESSMENTS	
5:15 — 6:15 PM	JUNIOR GRIT	JUNIOR GRIT	JUNIOR GRIT	JUNIOR GRIT		
6:30 — 7:45 PM	ELITE GRIT	ELITE GRIT	ELITE GRIT	ELITE GRIT		