



SUMMER SEASON SMALL GROUP TRAINING CALENDAR

JUNE 15- AUGUST 8

MON	TUES	WED	THURS	FRI	SAT	SUN
	7 - 7:45 am Blood Flow Restriction Training Justin				7:30 - 8:30 am Paseo Performance PUSH Christian	
				9 - 10 am Paseo Performance POWER HOUR Mal	9 - 10 am Paseo Performance LIFT Mal	
					10 - 11 am Paseo Performance POWER HOUR Mal	
11 am - 12 pm Movement Summer Camp	11 am - 12 pm Movement Summer Camp	11 am - 12 pm Movement Summer Camp	11 am - 12 pm Movement Summer Camp	11 am - 12 pm Movement Summer Camp		
1 - 2 pm Tennis Summer Camp	1 - 2 pm Tennis Summer Camp	1 - 2 pm Tennis Summer Camp	1 - 2 pm Tennis Summer Camp	1 - 2 pm Tennis Summer Camp		
	6 - 7 pm Paseo Performance LIFT Mal	6 - 7 pm Paseo Performance LIFT Mal				

Small Group Pricing: \$30 per session, 5-pack for \$110 (expires 90 days), 10-pack for \$210 (exp. 120 days), or 20-pack for \$360 (exp. 180 days)

Paseo Performance Pricing: \$49 unlimited classes (Challenges are 6 weeks)