

ATHLETIC REPUBLIC

SPORTS PERFORMANCE TRAINING

Athletic Republic San Diego Training Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM						
6:00 AM	6:00am		6:00am		6:00am	
7:00 AM						
8:00 AM	7:30am	8:00am	7:30am	8:00am	7:30am	7:30am
9:00 AM						8:30am
10:00 AM	9:30am	9:30am	9:30am	9:30am	9:30am	9:30am
11:00 AM						10:30am
12:00 PM						11:30am
1:00 PM	12:00pm		12:00pm		12:00pm	12:30am
2:00 PM						
3:00 PM						
4:00 PM	3:30pm	3:30pm	3:30pm	3:30pm	3:30pm	
5:00 PM	4:30pm	4:30pm	4:30pm	4:30pm		
6:00 PM	5:30pm	5:30pm	5:30pm	5:30pm	5:30pm	
7:00 PM	6:30pm	6:30pm	6:30pm	6:30pm	6:30pm	
	ADULT-Fit 1 hr	Acceleration 1 hr	Ignition 1 hr	Strength 30 minutes		