

TGC Athlete Performance Center Daily Schedule

Start Time: 6:00 AM

	Mon	Tue	Wed	Thu	Fri	Sat
6:00 AM	Fit Athlete	Training Camp	Fit Athlete	Training Camp	Fit Athlete	
8:00 AM		Training Camp		Training Camp		
9:00 AM	Adult Fit Athlete YOUTH FIT (6-12) GOLF FIT 60+		Adult Fit Athlete YOUTH FIT (6-12) GOLF FIT 60+		Adult Fit Athlete YOUTH FIT (6-12) GOLF FIT 60+	Training Camp
9:30 AM		TRAINING CAMP (Adult) FUNdamentals (6-9) SPEED&AGILITY (10-13)		TRAINING CAMP(Adult) FUNdamentals (6-9) SPEED&AGILITY (10-13)		
10:00 AM	Sport Athlete (13-18)		Sport Athlete (13-18)		Sport Athlete (13-18)	
10:30 AM		High School Speed and Agility		High School Speed and Agility		YOGA
11:00 AM	Youth Sport Athlete (9-12) YOGA (HATHA VINYASA)		Youth Sport Athlete (9-12)		Youth Sport Athlete (9-12)	
11:30 AM		Training Camp		Training Camp		
12:00 PM	Fit Athlete		Fit Athlete		Fit Athlete	
4:00 PM	Youth Sport Athlete		Youth Sport Athlete			
4:30 PM		Youth S & A (9-12) Speed & Agility (13-18)		Youth S&A (9-12) Speed & Agility (13-18)		
5:00 PM	Sport Athlete 12+ Adult Fit Athlete		Sport Athlete 12+ Adult Fit Athlete			
5:30 PM	YOGA (HATHA VINYASA)	Sport Athlete 12+ Adult Fit Athlete		Sport Athlete 12+ Adult Fit Athlete		