



(563) 587 - 8052

Monday - Thursday: 5am - 8pm

Friday: 5am - 5pm

Saturday: 6am - 2pm

Sunday: 8am - 12pm

TEAM CONDITIONING PROGRAM CALENDAR*

FITCAMP/POWER HOUR

MON	TUES	WED	THURS	FRI	SAT	SUN
Fitcamp 5:00 - 5:50am	Power Hour 5:00 - 5:50am	Fitcamp 5:00 - 5:50am	Power Hour 5:00 - 5:50am	Fitcamp 5:00 - 5:50am		
Fitcamp 6:00 - 6:50am	Power Hour 6:00 - 6:50am	Fitcamp 6:00 - 6:50am	Power Hour 6:00 - 6:50am	Fitcamp 6:00 - 6:50am		
Fitcamp 8:00 - 8:50am	Power Hour: 8:00 - 8:50am	Fitcamp 8:00 - 8:50am	Power Hour: 8:00 - 8:50am	Fitcamp 8:00 - 8:50am	Power Hour 8:00 - 8:50am	
Fitcamp 4:00 - 4:50pm	Power Hour 4:00 - 4:50pm	Fitcamp 4:00 - 4:50pm	Power Hour 4:00 - 4:50pm			
Fitcamp 5:30 - 6:20pm	Power Hour 5:30 - 6:20pm	Fitcamp 5:30 - 6:20pm	Power Hour 5:30 - 6:20pm			

*Effective Feb. 2 2019