

# Advanced Girevoy Sport Athletes Schedule

Monday - Friday	Saturday	Private Sessions (by appointment only)
8:00 AM – 8:30 AM	8:00 AM – 8:30 AM	7 Days/ Week
8:30 AM – 9:00 AM	8:30 AM – 9:00 AM	
9:00 AM – 9:30 AM	9:00 AM – 9:30 AM	
9:30 AM – 10:00 AM	9:30 AM – 10:00 AM	
10:00 AM – 10:30 AM	10:00 AM – 10:30 AM	
10:30 AM – 11:00 AM	10:30 AM – 11:00 AM	
11:00 AM – 11:30 AM	11:00 AM – 11:30 AM	
11:30 AM – 12:00 PM	11:30 AM – 12:00 PM	
12:00 PM – 12:30 PM	12:00 PM – 12:30 PM	
12:30 PM – 1:00 PM	12:30 PM – 1:00 PM	
1:00 AM – 1:30 PM	1:00 AM – 1:30 PM	
1:30 PM – 2:00 PM	1:30 PM – 2:00 PM	
	2:00 PM – 2:30 PM	
5:00 PM – 5:30 PM	2:30 PM – 3:00 PM	
5:30 PM – 6:00 PM	3:00 PM – 3:30 PM	
6:00 PM – 6:30 PM	3:30 PM – 4:00 PM	
6:30 PM – 7:00 PM		
7:00 PM – 7:30 PM		
7:30 PM – 8:00 PM		
8:00 PM – 8:30 PM		
8:30 PM – 9:00 PM		
9:00 PM – 9:30 PM		
9:30 PM – 10:00 PM		