

LEAN

PERFORMANCE

GROUP TRAINING SCHEDULE

MON

5:00AM	MET CON
5:45AM	FSP
6:30AM	STR
9:15AM	STR
4:30PM	MET CON
5:30PM	MOVEMENT
6:30PM	SURFER STRENGTH

TUES

5:00AM	S&C
6:30AM	S&C
7:30AM	S&C
9:15AM	S&C
3:45PM	YOUTH
4:30PM	MET CON
5:30PM	S&C
6:30PM	SURFER STRENGTH

WED

5:00AM	STR
5:45AM	FSP
6:30AM	STR
9:15AM	STR
4:30PM	MET CON

THURS

5:00AM	S&C
6:30AM	S&C
7:30AM	S&C
9:15AM	S&C
3:45PM	YOUTH
4:30PM	MET CON
5:30PM	S&C + MOVEMENT
6:30PM	SURFER STRENGTH

FRI

5:00AM	TEAM DAY
5:45AM	FSP
6:30AM	MET CON
9:15AM	MET CON

SAT

6:00AM	STR
7:00AM	MET CON



2022 PROGRAM