



MARY'S
HEALTH & FITNESS

MTC ATHLETE SUMMER SCHEDULE

- ✓ Open To In-Season & Out-Of-Season Athletes
- ✓ Led By Certified Personal Trainers
- ✓ Increasing Speed, Agility and Power

CLASS TYPE

YELLOW - COLLEGE

LIGHT BLUE - MIDDLE SCHOOL

DARK BLUE - HIGH SCHOOL

MON

TUES

WED

THUR

FRI

COLLEGE
6:00AM

COLLEGE
6:00AM

COLLEGE
6:00AM

COLLEGE
9:00AM

COLLEGE
9:00AM

COLLEGE
9:00AM

MIDDLE SCHOOL
11:00AM

MIDDLE SCHOOL
11:00AM

MIDDLE SCHOOL
11:00AM

MIDDLE SCHOOL
11:00AM

HIGH SCHOOL
11:00AM


HIGH SCHOOL
11:00AM

HIGH SCHOOL
11:00AM

HIGH SCHOOL
11:00AM

HIGH SCHOOL
5:00PM

HIGH SCHOOL
5:00PM

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 MARYSHEALTHFITNESS

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