

# Folsom Schedule

Monday	5:30am	6:20am	7:10am	9:00am			5:30pm	6:20pm	7:10pm
	adult	adult	adult	adult			adult	adult	adult
Tuesday						4:30pm	5:45pm	6:30pm	
						teen	adult	technique	
Wednesday	5:30am	6:20am	7:10am	9:00am			5:30pm	6:20pm	7:10pm
	adult	adult	adult	adult			adult	adult	adult
Thursday	5:30am	6:20am	7:10am	9:00am		4:30pm	5:30pm	6:20pm	7:10pm
	adult	adult	adult	adult		teens	adult	adult	adult
Friday						4:30pm	5:45pm		
						teen	adult		

All training sessions are 45 minutes unless you have signed up for personal training.  
 Personal training sessions are available during non-camp hours.

**BIRTHDAY PARTIES NOW AVAILABLE!**