

# Sacramento 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	
					youth	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	youth	adult	adult	adult
Friday					4:30pm	5:45pm		
					youth	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!**