



# Year-round Group Training Schedule

For more information, please visit our website:

[www.EdgeSportsFitness.com](http://www.EdgeSportsFitness.com)

| Time                                       | Monday   | Tuesday                      | Wednesday  | Thursday                     | Friday   | Saturday                            |
|--|--|------------------------------|--|------------------------------|--|-------------------------------------|
| <b>AM Classes</b>                          | Reserved for Team, Team Mate training and 1-on-1 personal coaching (Call to book times!)                 |                              |  |                              |  |                                     |
| Personal Fitness<br>(call to book a time!) | Reserved for   | Team Mates                   | and Small Group  | Training                     |  | Must be pre-registered!             |
| <b>Team Mate Training</b>                  | Reserved for Team, Team Mate training and 1-on-1 personal coaching<br>(Call to book any times you want!) |                              |  |                              |  | 9:30 - 10:30 am<br>Adult Fitness    |
|  | Reserved for   | Team Mates                   | and Small Group  | Training                     |  | 10:30 - 11:30 am<br>Speed - Agility |
| <b>PM Classes</b>                          | Reserved for Team, Team Mate training and 1-on-1 personal coaching<br>(Call to book any times you want!) |                              |  |                              |  | Ages 10 and up                      |
| 5:30 - 6:30 pm                             | Speed - Agility<br>8-12  | Speed - Agility<br>8-12      | Speed - Agility<br>8-12  | Speed - Agility<br>8-12      |  | Must be pre-registered!             |
| 6:30 - 7:30 pm                             | Speed - Agility<br>Ages 13+  | Speed - Agility<br>Ages 13+  | Speed - Agility<br>Ages 13+  | Speed - Agility<br>Ages 13+  |  |                                     |
| 6:30 - 7:30 pm                             | Adult Fitness<br>(Boot Camp)   | Adult Fitness<br>(Boot Camp) | Adult Fitness<br>(Boot Camp)   | Adult Fitness<br>(Boot Camp) |  |                                     |
| <b>Also available:</b>                     | Team Mates (3+ participants) &<br>1-on-1's (30 or 60 mins.)  |                              | Try <u>Team Mates</u> 30 minutes before or after a<br>group training session |                              | All 1-on-1 (personal training), Team Mate and Team<br>training can be scheduled at any time or frequency |                                     |

Located at: 331 Golden Triangle Blvd., Keller, TX 76248

Year-round: Speed-Agility Training & Adult Fitness

**\$20/session or \$165 for 10 sessions**

**\$200/month for unlimited sessions** (see website for monthly savings on auto draft!)

**Choose your program: 1-on-1, Team Mates, Small group or Team Training (Multiple Team discounts!)**

Ask about our muscle management and sport performance supplements

**To schedule a session please call 940-391-3711**