



# 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!)					
<b>9 - 10:15 am</b>	Speed - Agility (4th-Middle sch)	Speed - Agility (4th-Middle sch)	Speed - Agility (4th-Middle sch)	Speed - Agility (4th-Middle sch)		Must be pre-registered!
<b>Personal Fitness (call to book a time!)</b>	Reserved for Team, Team Mate training and 1-on-1 personal coaching (Available early AM and PM hours... Call to book any times you want!)					9:30 - 10:30 am Adult Fitness
<b>10:30 - 12 noon</b>	Speed - Agility H. sch / College	Speed - Agility H. sch / College	Speed - Agility H. sch / College	Speed - Agility H. sch / College		10:30 - 11:30 am Speed - Agility
<b>Team Mate Training</b>	Reserved for Team, Team Mate training and 1-on-1 personal coaching (Available early AM and PM hours... Call to book any times you want!)					Ages 10 and up
<b>5:30 - 6:30 pm</b>	Speed - Agility Ages 8-12	Speed - Agility Ages 8-12	Speed - Agility Ages 8-12	Speed - Agility Ages 8-12		Must be pre-registered!
<b>6:30 - 7:30 pm</b>	Speed - Agility Ages 13+	Speed - Agility Ages 13+	Speed - Agility Ages 13+	Speed - Agility Ages 13+		
<b>6:30 - 7:30 pm</b>	Adult Fitness (Boot Camp)	Adult Fitness (Boot Camp)	Adult Fitness (Boot Camp)	Adult Fitness (Boot Camp)		
<b>Also available:</b>	Team Mates (3+ participants) & 1-on-1's (30 or 60 mins.)		Try <u>Team Mates</u> 30 minutes before or after a group training session		All 1-on-1 (personal training), Team Mate and Team 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**