



PTI Clinic Schedule 2010

SUN	MON	TUE	WED
  PERFORMANCE TRAINING, INC.	6:00a Corporate Boot Camp (FSHFC) 6:00a 39 & Holding (FSHFC) 6:00a Adv. Boot Camp (CCC) 6:00a Butch Brothers (CCC) 7:00a Boot Camp (CCC) 7:00a Pink Panthers (RBI) 8:00a Fit-N-Fab (RBI) 9:15a Group X (RBI) 10:00a Superwomen (FSHFC) 10:00a Core & Cardio (FSHFC) 12:30p Pilot (RBI)	7:00a Salas, Ruch & The Girls (FSHFC) 7:00 a Boot Camp III (RBI) 8:00a Early Birds (CCC) 9:00a Superwomen (CCC) 9:00a Fit 4 Women (FSHFC, until 10:30a) 5:30p Pilot V (180)	6:00a Corporate Boot Camp (FSHFC) 6:00a 39 & Holding (FSHFC) 6:00a Adv. Boot Camp (CCC) 6:00a Butch Brothers (CCC) 7:00a Boot Camp (CCC) 7:00a Pink Panthers (RBI) 9:00a Whitman Group (FSHFC) 12:30p Pilot V (180) 1:00p Superwomen Part 2 (FSHFC)
THU	FRI	SAT	
6:00a Beginner Bootcamp (RBI) 7:00a Salas, Ruch & The Girls (FSHFC) 7:00 a Boot Camp III (RBI) 8:00a Early Birds (CCC) 9:00a Superwomen (CCC) 9:00a Fit 4 Women (FSHFC, until 10:30a) 11:00a Lift & Learn (CCC) 5:30p Pilot V (180)	6:00a Corporate Boot Camp (FSHFC) 6:00a 39 & Holding (FSHFC) 6:00a Adv. Boot Camp (CCC) 6:00a Butch Brothers (CCC) 7:00a Boot Camp (CCC) 7:00a Pink Panthers (180) 8:00a Fit-N-Fab (180) 8:30a Fitness Clinic 2 (CCC) 9:15a Group X (180) 9:00a TGI Fit Fridays (CCC) 10:00a Superwomen (FSHFC)		Updated 3/9/2010

Performance Training, Inc.
 Fort Sanders Health & Fitness Center
 270 Fort Sanders West Blvd, Bldg 5
 Knoxville, TN 37922
www.performancetraininginc.com

To register for clinics call
 (865) 531-5453.

Performance Training, Inc.
 RBI
 6616 Deane Hill Dr.
 Knoxville, TN 37919
www.performancetraininginc.com

To register for clinics call
 (865) 247-5441 or (865) 531-5453.

Performance Training, Inc.
 Cherokee Country Club
 5138 Lyons View Pike
 Knoxville, TN 37919
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To register for clinics call
 (865) 584-4637 or (865) 531-5453.