

PTI Clinic Schedule 2009

| SUN | MON | TUE | WED |
|---|---|--|---|
|  <p>PERFORMANCE TRAINING, INC.</p> | 6:00a Corporate Boot Camp (FSHFC) 6:00a Adv. Boot Camp (180) 6:00a 39 & Holding (FSHFC) 7:00a Pink Panthers (180) 8:00a Fit-N-Fab (180) 8:30a Body by Audrey (CCC) 9:00a Fit 4 Women (FSHFC) 9:30a Group X (180) 10:00a Superwomen (FSHFC) 12:00p Lift & Learn (CCC) 12:30p Pilot V (180) 4:00p SAQ Clinic (ages 10-13, 180) | 6:00a Beginner Bootcamp (180) 6:15a Man Camp (CCC) 6:15a Kinzer Group (180) 7:00a Bootcamp 3 (180) 7:00a Salas/The Girls (FSHFC) 8:30a Superwomen (CCC) 9:30a Hard Core Abs, 30-minute (CCC) 5:15p Pilot V (180) 5:30p KTSC at Crowne Plaza | 6:00a Corporate Boot Camp (FSHFC) 6:00a Adv. Boot Camp (180) 6:00a 39 & Holding (FSHFC) 7:00a Pink Panthers (180) 7:00a McDaniel Group (180) 8:00a Fit-N-Fab (180) 8:30a Body By Audrey (CCC) 8:30a Fitness Clinic (CCC) 9:00a Fit 4 Women (FSHFC) 9:00a Group X (180) 11:00a Lift & Learn (CCC) 12:30a Pilot V (180) 4:00p SAQ Clinic (ages 10-13, 180) 4:30p Lange Group (180) |
| THU | FRI | SAT | |
| 6:00a Beginner Bootcamp (180) 6:15a Man Camp (CCC) 6:15a Kinzer Group (180) 7:00a Bootcamp 3 (180) 7:00a Salas/The Girls (FSHFC) 8:30a Superwomen (CCC) 9:30a Hard Core Abs, 30-minute (CCC) 5:15p Pilot V (180) 5:30p KTSC at Crowne Plaza | 6:00a Corporate Boot Camp (FSHFC) 6:00a Adv. Boot Camp (180) 6:00a 39 & Holding (FSHFC) 7:00a Pink Panthers (180) 8:00a Fit-N-Fab (180) 8:30a Fitness Clinic 2 (CCC) 9:00a TGIFitness Fridays (CCC) 9:00a Group X (180) 10:00a Superwomen (FSHFC) 11:30a Quick Foot Group (FSHFC) 12:00p Group Get Right (FSHFC) | Updated 7/20/2009 | |
| <p>Performance Training, Inc. Fort Sanders Health & Fitness Center 270 Fort Sanders West Blvd, Bldg 5 Knoxville, TN 37922 www.performancetraininginc.com</p> <p>To register for clinics call (865) 531-5453.</p> | <p>Performance Training, Inc. 180 Sports and Fitness 1501 Kirby Road Knoxville, TN 37909 www.performancetraininginc.com</p> <p>To register for clinics call (865) 212-4194 or (865) 531-5453.</p> | <p>Performance Training, Inc. Cherokee Country Club 5138 Lyons View Pike Knoxville, TN 37919 www.performancetraininginc.com</p> <p>To register for clinics call (865) 584-4637 or (865) 531-5453.</p> | |