



Winter 2019-2020 Schedule: STRENGTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					11:00am Strength Performance
4:30pm Strength Performance	4:30pm Strength Performance	4:30pm Power Training	4:30pm Strength Performance	4:30pm Strength Performance	
		4:30pm Strength Performance (at the OTAC Hub)		4:30pm Strength Performance (at the OTAC Hub)	
5:00pm Strength Performance (at the OTAC Hub)					
5:30pm Strength Performance	5:30pm Power Training	5:30pm Strength Performance	5:30pm Power Training		
				<i>Ask about scheduling an evaluation!</i> <i>All classes on the strength schedule are approximately 60 minutes in duration and will meet at the OTAC II Parisi building first.</i> <i>Schedule effective December 2nd, 2019</i>	

www.otacfitness.com/programs/divergent/