



Fall 2020 Schedule:

STRENGTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:15am Strength Performance
	11:30am Strength Performance	11:30am Strength Performance		11:30am Strength Performance	
	11:30am Strength Performance (at the OTAC HUB)	12:45pm Strength Performance			
				2:00pm Strength Performance	
3:15pm Strength Performance	3:15pm Power Training	3:15pm Strength Performance		3:15pm Strength Performance	
4:15pm Strength Performance (at the OTAC HUB)	4:30pm Strength Performance	4:30pm Power Training	4:30pm Power Training		
4:30pm Strength Performance			4:30pm Strength Performance (at the OTAC HUB)		
	5:45pm Strength Performance	5:45pm Strength Performance		<i>Ask about scheduling an evaluation!</i> <i>All classes on the strength schedule are approximately 60 minutes in duration.</i> <i>Schedule effective August 24, 2020</i>	
		5:45pm Evaluations (by appointment only)			

<https://www.otacfitness.com/programs/divergent/>