



## ASF 2021 Summer Schedule (May - August)

|                                | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday                     |
|--------------------------------|---|---|---|---|---|------------------------------|
| <b>Athlete Training</b>        | 9:00-10:00a<br>10:15-11:15a<br>11:30-12:30a<br><br>1:30-2:30p<br>2:30-3:30p<br>3:30-4:30p | 9:00-10:00a<br>10:15-11:15a<br>11:30-12:30a<br><br>1:30-2:30p<br>2:30-3:30p<br>3:30-4:30p | 9:00-10:00a<br>10:15-11:15a<br>11:30-12:30a<br><br>1:30-2:30p<br>2:30-3:30p<br>3:30-4:30p | 9:00-10:00a<br>10:15-11:15a<br>11:30-12:30a<br><br>1:30-2:30p<br>2:30-3:30p<br>3:30-4:30p | 9:00-10:00a<br>10:15-11:15a<br>11:30-12:30a<br><br>1:30-2:30p<br>2:30-3:30p<br>3:30-4:30p | 9:00-10:00a<br>11:00a-12:00p |
| <b>M2<br/>(Group Training)</b> | 5:30-6:30a<br>6:30-7:30a<br>9:15-10:15a<br>5:30-6:30p                                     | 5:30-6:30a<br>6:30-7:30a<br>5:30-6:30p  | 5:30-6:30a<br>6:30-7:30a<br>9:15-10:15a<br>5:30-6:30p                                     | 5:30-6:30a<br>6:30-7:30a<br>5:30-6:30p  | 5:30-6:30a<br>6:30-7:30a<br>9:15-10:15a<br>5:30-6:30p<br>(frisbee)                        | 8:00-9:00a<br>10:00-11:00a   |
| <b>Strength School</b>         | Available Upon Request  |   |   |   |   |                              |
| <b>Private Memberships</b>     | Available Upon Request  |   |   |   |   |                              |
| <b>Turf Rental</b>             | Available Upon Request  |   |   |   |   |                              |