

BOMMARITO PERFORMANCE SYSTEMS

2010 SUMMER YOUTH SCHEDULE

WESTON FACILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 AM	Weight Room	Weight Room	Weight Room	Weight Room	Weight Room	Field / Track
9 AM	Field / Track	Field / Track	Field / Track	Field / Track	Field / Track	Field / Track
10 AM	Weight Room	Weight Room	Weight Room	NONE	Weight Room	Field / Track
11 AM	Field / Track	Field / Track	Field / Track	NONE	Field / Track	Field / Track
1 PM	Field / Track	Field / Track	Field / Track	Field / Track	Field / Track	NONE
2 PM	Weight Room	Weight Room	Weight Room	Weight Room	Weight Room	NONE
6 PM	Field	Field	Field	Field	NONE	NONE
7 PM	Weight Room	Weight Room	Weight Room	Weight Room	NONE	NONE

AVENTURA FACILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 PM	Weight Room	Weight Room	Weight Room	Weight Room	Weight Room	NONE
4 PM	Weight Room	Weight Room	Weight Room	Weight Room	Weight Room	NONE
415PM	Field / Track	Field / Track	Field / Track	Field / Track	Field / Track	NONE
5 PM	Weight Room	Weight Room	Weight Room	Weight Room	Weight Room	NONE
515 PM	Field / Track	Field / Track	Field / Track	Field / Track	Field / Track	NONE
530 PM	Weight Room	Weight Room	Weight Room	Weight Room	Weight Room	NONE
615 PM	Field / Track	Field / Track	Field / Track	Field / Track	Field / Track	NONE
630 PM	Weight Room	Weight Room	Weight Room	Weight Room	Weight Room	NONE

****MORNING HOURS ARE AVAILABLE IN AVENTURA UPON REQUEST**