

BOMMARITO PERFORMANCE SYSTEMS

2010 FALL YOUTH SCHEDULE

WESTON FACILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 AM	NONE	NONE	NONE	NONE	NONE	Field / Track
9 AM	NONE	NONE	NONE	NONE	NONE	Weight Room
10AM	NONE	NONE	NONE	NONE	NONE	Field / Track
11 AM	NONE	NONE	NONE	NONE	NONE	Weight Room
3 PM	Field / Track	Field / Track	Field / Track	Field / Track	Field / Track	NONE
4 PM	Weight Room	Weight Room	Weight Room	Weight Room	Weight Room	NONE
5 PM	Field / Track	Field / Track	Field / Track	Field / Track	Field / Track	NONE
6 PM	Weight Room	Weight Room	Weight Room	Weight Room	Weight Room	NONE
7 PM	Field / Track	Field / Track	Field / Track	Field / Track	Field / Track	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**