

ARENA SCHEDULE

[CLICK TO BOOK YOUR SESSION](#) (schedule subject to change)

MONDAY

- 10:00 am - PREP Fitness Class
- 11:00 am - One on One Personal Training
- 12:00 pm - Police Prep Test with Coaching
- 12:00 pm - Police Prep Test with Coaching + Shuttle Run
- 1:30 pm - One on One Personal Training
- 2:30 pm - Police Prep Test with Coaching
- 2:30 pm - Police Prep Test with Coaching + Shuttle Run
- 4:00 pm - One on One Personal Training
- 5:00 pm - Police Prep Test with Coaching
- 5:00 pm - Police Prep Test with Coaching + Shuttle Run
- 6:30 pm - PREP Fitness Class

TUESDAY

- 10:00 am - PREP Fitness Class
- 11:00 am - One on One Personal Training
- 12:00 pm - Police Prep Test with Coaching
- 12:00 pm - Police Prep Test with Coaching + Shuttle Run
- 1:30 pm - One on One Personal Training
- 2:30 pm - Police Prep Test with Coaching
- 2:30 pm - Police Prep Test with Coaching + Shuttle Run
- 4:00 pm - One on One Personal Training
- 5:00 pm - Police Prep Test with Coaching
- 5:00 pm - Police Prep Test with Coaching + Shuttle Run
- 6:30 pm - Shuttle Run Training

WEDNESDAY

- 10:00 am - PREP Fitness Class
- 11:00 am - One on One Personal Training
- 12:00 pm - Police Prep Test with Coaching
- 12:00 pm - Police Prep Test with Coaching + Shuttle Run
- 1:30 pm - One on One Personal Training
- 2:30 pm - PREP Fitness Class

THURSDAY

- 10:00 am - PREP Fitness Class
- 11:00 am - One on One Personal Training
- 12:00 pm - Police Prep Test with Coaching
- 12:00 pm - Police Prep Test with Coaching + Shuttle Run
- 1:30 pm - One on One Personal Training
- 2:30 pm - Police Prep Test with Coaching
- 2:30 pm - Police Prep Test with Coaching + Shuttle Run
- 4:00 pm - One on One Personal Training
- 5:00 pm - Police Prep Test with Coaching
- 5:00 pm - Police Prep Test with Coaching + Shuttle Run
- 6:30 pm - PREP Fitness Class

FRIDAY

- 10:00 am - PREP Fitness Class
- 12:00 pm - Police Prep Test with Coaching
- 12:00 pm - Police Prep Test with Coaching + Shuttle Run
- 1:30 pm - One on One Personal Training
- 2:30 pm - PREP Fitness Class

SATURDAY

- 8:00 am - Police Prep Test with Coaching
- 8:00 am - Police Prep Test with Coaching + Shuttle Run
- 9:00 am - PREP Fitness Class

SUNDAY

- 9:00 am - Shuttle Run Training