

# MAXIMUM PERFORMANCE - SCHEDULE - RED BANK, NJ



Day	Monday	Tuesday	Wednesday	Thursday	Friday
3:00-4:00PM	GREEN	GREEN	GREEN	GREEN	GREEN
3:30-4:30PM	GREEN	GREEN	GREEN	GREEN	GREEN
4:00-5:00PM	GREEN	GREEN	GREEN	GREEN	GREEN
4:30-5:30PM	RED	RED	RED	RED	GREEN
5:00-6:00PM	RED	RED	RED	RED	RED
5:30-6:30PM	RED	RED	RED	RED	RED
6:00-7:00PM	RED	RED	RED	RED	GREEN
6:30-7:30PM	RED	RED	RED	RED	BLACK
7:00-8:00PM	RED	RED	RED	RED	BLACK
7:30-8:30PM	RED	RED	GREEN	RED	BLACK
8:00-9:00PM	GREEN	GREEN	GREEN	GREEN	BLACK

### SCHEDULE KEY:

**GREEN = LESS ATHLETES ATTENDING - more personal session**

**RED = MORE ATHLETES ATTENDING - still welcome to join**

### PLEASE NOTE!

For the convenience of all Athletes, you are welcome to join ANY time slot available. RED time slots tend to be more full and GREEN time slots tend to be open and more personal. Feel free to come in for sessions every 30 minutes from 3:00pm to 9:00pm. Sessions run Monday thru Friday. Please remember we close at 9:00pm, Friday sessions close at 7:00pm.