



## Fall Schedule - Starting September 4th, 2018

### FAST Performance / FAST Fitness / Portland Oregon WL - Training Schedules

*\*Schedule is subject to change at any time. Please be sure to have the updated schedule if any changes are made in the future.\**

	<b>FAST Performance Youth</b>	<b>FAST Performance MS/HS Hybrid</b>	<b>FAST Performance HS Advanced</b>	<b>FAST Performance Camp/Clinic</b>	<b>FAST Fitness Adult Fitness</b>	<b>Portland Oregon WL Level 1 Beginner</b>	<b>Portland Oregon WL Level 2-3-Team</b>
<b>Monday</b>					<b>6:30pm - 7:30pm</b>	<b>5:30pm - 6:30pm</b>	<b>5:30pm - 7:30pm</b>
<b>Tuesday</b>		<b>5:30pm - 6:30pm</b>	<b>5:30pm - 6:30pm</b>			<b>4:30pm - 5:30pm</b>	<b>3:30pm - 6:30pm</b>
<b>Wednesday</b>					<b>6:30pm - 7:30pm</b>	<b>5:30pm - 6:30pm</b>	<b>5:30pm - 7:30pm</b>
<b>Thursday</b>		<b>5:30pm - 6:30pm</b>	<b>5:30pm - 6:30pm</b>			<b>4:30pm - 5:30pm</b>	<b>3:30pm - 6:30pm</b>
<b>Friday</b>							
<b>Saturday</b>	<b>TBD</b>	<b>TBD</b>	<b>TBD</b>	<b>TBD</b>	<b>TBD</b>	<b>TBD</b>	<b>TBD</b>

Reminder - Always schedule your appointments in advance to ensure group availability

MS/HS = middle school/high school age group 11-15 years

HS Advanced = high school age group 15-18 years

Youth = elementary age group 8-10 years.

Portland Oregon WL = Olympic Weightlifting /Strength Program

**\*All Portland Oregon WL athletes must complete the Level 1 Beginner class to be eligible for Level 1-3 and Team lift times\***