



August 6th - August 31st, 2018 - Summer Schedule (updated)

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.

	FAST Performance Youth	FAST Performance MS/HS Hybrid	FAST Performance HS Advanced	FAST Performance Camp/Clinic (July)	FAST Fitness Adult Fitness	Portland Oregon WL Level 1 Beginner	Portland Oregon WL Level 2-3-Team
Monday		11:30am - 12:30pm			6:30pm - 7:30pm	5:30pm - 6:30pm	5:30pm - 7:30pm
Tuesday		11:30am - 12:30pm				12:30pm - 1:30pm	11:30am - 1:30pm
Wednesday		11:30am - 12:30pm			6:30pm - 7:30pm	5:30pm - 6:30pm	5:30pm - 7:30pm
Thursday		11:30am - 12:30pm			6:30pm - 7:30pm	12:30pm - 1:30pm	6:30pm - 7:30pm
Friday							
Saturday	TBD	TBD	TBD	TBD	TBD	TBD	TBD

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