



DIVERGENT
PERFORMANCE

Winter 2018-2019 Schedule

STRENGTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					11:00am Strength Performance
4:30pm Strength Performance	4:30pm Strength Performance	4:30pm Power Training	4:30pm Strength Performance	4:30pm Strength Performance	
	4:30pm Strength Performance (at the OTAC Hub)	4:30pm Strength Performance (at the OTAC Hub)			
	5:30pm Power Training	5:30pm Strength Performance	5:30pm Power Training		
				<p><i>Ask about scheduling an evaluation!</i></p> <p><i>All classes on the strength schedule are approximately 60 minutes in duration.</i></p> <p><i>Schedule effective December 3rd, 2018</i></p>	

parisischool.com/locations/otac/schedule/