

## ESP Winter Training Schedule

(Starting Jan 4 - Schedule Subject To Change, Check MindBody For Up To Date Schedule)

Mon	Tue	Wed	Thu	Fri	Sat/Sun
1:30-2:30pm ESP Custom	1:30-2:30pm ESP Custom	8-9am ESP Custom	1:30-2:30pm ESP Custom	1:30-2:30pm ESP Custom	No Class
2:30-3:30pm ESP Total	2:30-4:30pm ESP Total	9-10am Skills Day	2:30-4:30pm ESP Total	3-4pm ESP Total	
4:30-5:30pm ESP Total	4:30-5:30pm ESP Custom	10-11am ESP Conditioning	6-7pm ESP Total		
5:30-6:30pm ESP Custom	6-7pm ESP Total	12-1pm ESP Total			
		5-6pm ESP Total			
		6-7pm ESP Custom			

## ESP Winter 1 on 1 Appt Availability Schedule

(Starting Jan 4 - Schedule Subject To Change, Check MindBody For Up To Date Schedule)

Mon	Tue	Wed	Thu	Fri	Sat/Sun
1:30-4:30pm	1:30-3pm	1-5pm	2-4pm	2-4pm	
	5:30-7:30pm		6-7:30pm		

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