

# SASC Academy DRYLAND Schedule 2023-2024

## Instructor & Class Type

Monday	Tuesday	Wednesday	Thursday
<b><i>Fitness Studio- (Dounia)</i></b> <i>TRX/VIPR/CORE</i>	<b><i>Track 3- (Jay)</i></b> <i>STRENGTH</i>	<b><i>Track 3- (Jay)</i></b> <i>CONDITIONING</i>	<b><i>Multipurpose- (Dounia)</i></b> <i>YOGA</i>
<b><i>Troy Murray- (Alisha)</i></b> <i>Sport Specific Warm Up</i>		<b><i>Multipurpose- (Reniel)</i></b> <i>FLEXIBILITY</i>	<b><i>Track 4- (Sam)</i></b> <i>FULL BODY CIRCUIT</i>
<b><i>Upstairs Kitchen- (Reniel)</i></b> <i>TRX/STRENGTH</i>		<b><i>Troy Murray- (Kris)</i></b> <i>Sport Specific Cool Down</i>	<b><i>Track 4- (Austin)</i></b> <i>CONDITIONING</i>