



Middleton

Group Schedule -Fall Session 2023

September 5th-November 21st

Middle School - 60 minutes Sports Performance/High School - 60 minutes Adult - 60 minutes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult AM 5:45AM, 6:15AM, 9:00AM	Adult AM 6:15AM	Adult AM 5:45AM, 6:15AM, 9:00AM	Adult AM 6:15AM	Adult AM 5:45AM, 9:00AM	Adult AM 8:00AM
Middle School 3:45PM, 4:00PM, 4:4PM, 5:00PM	Middle School 3:45PM, 4:00PM, 5:00PM, 5:15PM	Middle School 3:45PM, 4:00PM, 4:4PM, 5:00PM	Middle School 3:45PM, 4:00PM, 5:00PM, 5:15PM		
High School Sports Performance 3:00PM, 3:15PM, 4:00PM, 5:00PM 6:00PM	High School Sports Performance 3:30PM, 4:00PM, 5:00PM, 6:00PM	High School Sports Performance 3:00PM, 3:15PM, 4:00PM, 5:00PM 6:00PM	High School Sports Performance 3:30PM, 4:00PM, 5:00PM, 6:00PM	High School Sports Performance 3:15PM, 4:30PM	High School Sports Performance 9:00AM
Adult PM 5:45PM, 6:15PM	Adult PM 4:45PM	Adult PM 5:45PM, 6:15PM	Adult PM 4:45PM	Adult PM 5:45PM	

*Times subject to change. Always check www.bodybyboyle.com/sign-up for current offerings