

PEAK SPORTS PERFORMANCE SCHEDULE LOCATED AT THE RACQUET CLUB

HOURS: M-TH 6am-10pm; Fri. 6am-8:30pm; Sat.-Sun. 7am-8pm

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 AM	Sports Performance 6-11AM	Sports Performance 6AM-12PM	Sports Performance 6AM-1PM	Sports Performance 6-8AM	Sports Performance 6AM-1PM
7 AM					
8 AM				OPEN 8-10AM	
10 AM				Sports Performance 10AM-12PM	
NOON	OPEN 12-1PM			OPEN 12-1PM	
1 PM	Sports Performance *1-6:30PM	OPEN 1-3PM	OPEN 1-3PM	Sports Performance 1-2PM	OPEN 1-8:30PM
2 PM				OPEN 2-3PM	
3 PM		Sports Performance 3-7:30PM	Sports Performance 3-6PM	Sports Performance *3-7PM	
4 PM					
6 PM	OPEN 6:30-10PM	OPEN 7:30-10PM	OPEN *6-10PM	OPEN 7-10PM	
7:30 PM					

OPEN GYM ON SATURDAYS AND SUNDAYS

- **Reserved Training Times**- All scheduled sports performance times listed above are RESERVED. General use is not permitted during these designated hours.
- **Check-In Required**- All participants must **sign in AND out**, in addition to checking in, at the Service Desk before entering the Sports Performance area.
- **Be Aware of Your Surroundings**- Watch for moving equipment, sled lanes, turf drills, and active lifts.
- **No Unauthorized Equipment Removal**- Keep equipment in designated areas unless directed by staff.
- **Clean & Reset**- Wipe down equipment and return all weights, bars, sleds, and tools after use.



INTERESTED IN SPORTS PERFORMANCE TRAINING?

Personal Trainer- GABE@PEAKMISSOULA.COM

Fitness Director- STEPHEN@PEAKMISSOULA.COM