



PERFORMANCE TRAINING CENTER

530-587-9977 | PERFORMANCETRUCKEE.COM | @PERFORMANCETRAININGCENTER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7:00AM

CYCLING

HARD
BODIES

CYCLING

BOOT
CAMP

CYCLING

9:30AM

TOTAL BODY
BLAST

SASQUATCH
STRENGTH

TOTAL BODY
BLAST

SASQUATCH
STRENGTH

BOOT
CAMP

12:15PM

MOUNTAIN
HIIT

TRX

FIIT - 45

PERFORM X

BOSU CORE
AND MORE

5:30PM

TRX

SIERRA
CIRCUIT

TRX

SIERRA
CIRCUIT

6:15PM

CYCLING

CYCLING