



Call us today.
973.585.6:008

Better training through science.

MONDAY - FRIDAY

Time	ADULT SGT	PREP	JV	VARSIITY
7:00				
7:30	7-8:15a			
8:00				
8:30				
9:00				
9:30				
10:00	9:30a-10:45a			
10:30				
11:00				
11:30				
12:00				
12:30	12-1:15p			
1:00				
...				
3:30				
4		4pm-5pm	4-515	3:30-5
4:30				
5		5pm-6pm		
5:30				5-6:30
6				
6:30	6:30-745		6-715	
7				
7:30				7-8:30
8				

SATURDAY

Time	ADULT SGT	PREP	JV	VARSIITY
8				
8:30	8-9:15a			
9				
9:30				
10				
1015			9:30-10:45a	
10:30				
11				
11:30				
12				11-12:30a
12:30				

ADULT SGT=Adult Small Group Fitness
PREP=Elementary School

JV=Middle School
VARSIITY= HS/College



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PSP **PRECISION SQUAD**'s high intensity boot-camp style classes combine different training principals to amplify your inner athlete. Workouts are designed to improve your overall fitness: strength, cardio, flexibility, agility and endurance! We want to keep you guessing—and challenge you differently in every class. Expect to have fun and work hard every time you step into PSP.



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Monday

5:45AM PEAK
9:45AM PEAK
7-8:15PM PUMP

Tuesday

9:45AM POWER

Thursday

9:45AM POWER

Wednesday

9:45AM PEAK

Saturday

8:15-9:30AM PUMP

Friday

9:45AM PEAK

Sunday

8-9:15AM PUMP
9:30-10:15 PARTY

Monday

5:45AM PEAK
9:45AM PEAK
7-8:15PM PUMP

Tuesday

9:45AM POWER

Thursday

9:45AM POWER

Wednesday

9:45AM PEAK

Saturday

8:15-9:30AM PUMP

Friday

9:45AM PEAK

Sunday

8-9:15AM PUMP
9:30-10:15 PARTY

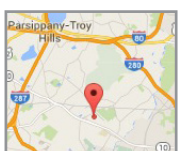
Don't see a time that works for you?
Let us know!

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Let us know!

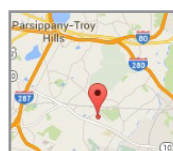
PSP is a premiere sports performance center in NJ, serving a wide variety of athletes. Our elite coaches and training programs set us apart from other facilities and our individualized approach results in more significant athletic development.



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