



Schedule as of 8/1/2017

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
8:00 am	Open Gym 8:00am-11:00am	Open Gym 8:00am-4:00pm	Open Gym 8:00am-11:00am	Open Gym 8:00am-4:00pm	Private Training by Appointment	Advanced Meta Boot Camp 9:30-11:00am	Private Training by Appointment		
9:30 am			Ageless Strength 11:00am – 12:00pm					Ageless Strength 11:00am – 12:00pm	
10:00 am			Open Gym 12:00pm-4:00pm					Open Gym 12:00pm-4:00pm	
11:00 am	Strength Camp 4:00-5:00pm		MetaBoot Camp 4:00-5:00pm			Strength Camp 4:00-5:00pm		MetaBoot Camp 4:00-5:00pm	Strongman Saturday 11:00am-3:00pm
12:00 pm	MetaBoot Camp 5:00-6:00pm		Meta Camp 5:00-6:00pm			MetaBoot Camp 5:00-6:00pm		Strength Camp 5:00-6:00pm	
2:00 pm	Meta Camp 6:00-7:00pm		Strength Camp 6:00-7:30pm			Meta Camp 6:00-7:00pm		Strength Camp 6:00-7:00pm	
4:00 pm	Stretch & Recovery 7:00-8:00pm	Stretch & Recovery 7:00-8:00pm	Stretch & Recovery 7:00-8:00pm	Stretch & Recovery 7:00-8:00pm					
5:00 pm									
6:00 pm									
7:00 pm									

Please pre-register for all classes via the website, in person or via voice or text at 617.435.8569 as we do cap classes to offer you the best service possible.

Contact: **Pamela 617.435.8569** | e: metaperformancecenter@gmail.com

metaperformancecenter.com