



Winter Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OPEN Strength 3:30 p.m.- 4:30 p.m.	OPEN Speed 3:30 p.m.- 4:30 p.m.	OPEN Strength 3:30 p.m.- 4:30 p.m.	OPEN Speed 3 p.m.- 4 p.m.	OPEN Strength 3:30 p.m.- 4:30 p.m.	OPEN Strength 9 a.m.- 10 a.m.
OPEN Speed 3:30 p.m.- 4:30 p.m.	OPEN Strength 3:30 p.m.- 4:30 p.m.	OPEN Speed 3:30 p.m.- 4:30 p.m.	OPEN Strength 3:30 p.m.- 4:30 p.m.	OPEN Speed 3:30 p.m.- 4:30 p.m.	Jump Start 10 a.m.- 11 a.m.
Total Conditioning II 4:30 p.m.- 5:30 p.m.	TPI Speed 5 p.m.- 6 p.m.	Total Conditioning II 4:30 p.m.- 5:30 p.m.	TPII Speed 5 p.m.- 6 p.m.	Total Conditioning II 4:30 p.m.- 5:30 p.m.	OPEN Speed 11 a.m.- 12 p.m.
Total Conditioning I 5:30 p.m.- 6:30 p.m.	Jump Start II* 5:30 p.m.- 6:30 p.m.	TPI Speed 5 p.m.- 6 p.m.	Jump Start 5 p.m.- 6 p.m.	Total Conditioning I 5:30 p.m.- 6:30 p.m.	OPEN Strength 12 p.m.- 1 p.m.
OPEN Speed 7 p.m.- 8 p.m.	Jump Start 6 p.m.- 7 p.m.	Jump Start II* 5:30 p.m.- 6:30 p.m.	TPI Speed 6 p.m.- 7 p.m.	OPEN Speed 6:30 p.m.- 7:30 p.m.	
OPEN Strength 7 p.m.- 8 p.m.	OPEN Strength 6:30 p.m.- 7:30 p.m.	Jump Start 6 p.m.- 7 p.m.	Total Conditioning I 6 p.m.- 7 p.m.	OPEN Strength 6:30 p.m.- 7:30 p.m.	
	TPII Speed 7 p.m.- 8 p.m.	OPEN Strength 7 p.m.- 8 p.m.	OPEN Strength 7 p.m.- 8 p.m.		
		TPII Speed 7 p.m.- 8 p.m.			

*= 9-11 years old

Hours: Mon-Thurs 7 a.m.- 8 p.m., Friday 7 a.m.-7:30 p.m., Saturday 9 a.m.- 1 p.m.

(207) 710-5509