

WEEKLY SCHEDULE - YOUTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>4:30PM</u> 8-11 YR OLD SPEED & LOWER BODY</p> <p><u>5:30PM</u> 12-15 YR OLD SPEED & LOWER BODY</p>	<p><u>4:30PM</u> 8-11 YR OLD AGILITY & UPPER BODY</p> <p><u>5:30PM</u> 12-15 YR OLD AGILITY & UPPER BODY</p>	<p><u>4:30PM</u> 8-11 YR OLD POWER & CONDITIONING</p> <p><u>5:30PM</u> 12-15 YR OLD POWER & CONDITIONING</p>	<p><u>4:30PM</u> 8-11 YR OLD SPEED & LOWER BODY</p> <p><u>5:30PM</u> 12-15 YR OLD SPEED & LOWER BODY</p>	<p><u>4:30PM</u> 8-11 YR OLD AGILITY & UPPER BODY</p>	<p><u>9:00AM</u> 8-11 YR OLD POWER & CONDITIONING</p> <p><u>10:30AM</u> 12-15 YR OLD POWER & CONDITIONING</p>