

CLASS SCHEDULE - YOUTH

MONDAY

4:30PM
8-11 YR OLD
SPEED &
LOWER BODY
BEN

5:30PM
12-15 YR OLD
SPEED &
LOWER BODY
BEN

TUESDAY

4:30PM
8-11 YR OLD
AGILITY &
UPPER BODY
RICKY

5:30PM
12-15 YR OLD
AGILITY &
UPPER BODY
RICKY

WEDNESDAY

4:30PM
8-11 YR OLD
POWER &
CONDITIONING
BEN

5:30PM
12-15 YR OLD
POWER &
CONDITIONING
BEN

THURSDAY

4:30PM
8-11 YR OLD
SPEED &
LOWER BODY
RICKY

5:30PM
12-15 YR OLD
SPEED &
LOWER BODY
RICKY

FRIDAY

4:30PM
8-11 YR OLD
AGILITY &
UPPER BODY
RICKY

SATURDAY

9:00AM
ALL AGES
POWER &
CONDITIONING
BEN

