

# CLASS SCHEDULE - YOUTH

## MONDAY

**4:30PM**  
**8-15 YR OLD**  
**SPEED &**  
**LOWER BODY**  
**BEN**

## TUESDAY

**4:30PM**  
**8-15 YR OLD**  
**AGILITY &**  
**UPPER BODY**  
**RICKY**

## WEDNESDAY

**4:30PM**  
**8-15 YR OLD**  
**POWER &**  
**CONDITIONING**  
**BEN**

## THURSDAY

**4:30PM**  
**8-15 YR OLD**  
**SPEED &**  
**LOWER BODY**  
**RICKY**

## FRIDAY

**NO CLASS**

## SATURDAY

**9:00AM**  
**8-15 YR OLD**  
**POWER &**  
**CONDITIONING**  
**BEN**

