

Sports Performance Center SUMMER TRAINING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM-7:00 AM ADULT	6:00 AM-7:00 AM ADULT		6:00 AM-7:00 AM ADULT	6:00 AM-7:00 AM ADULT
8:00 AM - 9:30 AM COLLEGE	8:00 AM - 9:30 AM COLLEGE		8:00 AM - 9:30 AM COLLEGE	8:00 AM - 9:30 AM COLLEGE
9:30 - 10:30 AM YOUTH	9:30 - 10:30 AM YOUTH & YOUTH SPEED CAMP	9:30 - 10:30 AM YOUTH	9:30 - 10:30 AM YOUTH & YOUTH SPEED CAMP	9:30 - 10:30 AM YOUTH
10:30 AM - 12:00 PM HIGH SCHOOL COMBO	10:30 AM - 12:00 PM HIGH SCHOOL COMBO	10:30 AM - 12:00 PM HIGH SCHOOL COMBO	10:30 AM - 12:00 PM HIGH SCHOOL COMBO	10:30 AM - 12:00 PM HIGH SCHOOL COMBO
12:15 PM - 1:15 PM ADULT	12:15 PM - 1:15 PM ADULT	12:15 PM - 1:15 PM ADULT	12:15 PM - 1:15 PM ADULT	12:15 PM - 1:15 PM ADULT
3:30 PM - 4:15 PM HIGH SCHOOL SPEED	3:30 PM - 4:15 PM HIGH SCHOOL SPEED	3:30 PM - 4:15 PM HIGH SCHOOL SPEED	3:30 PM - 4:15 PM HIGH SCHOOL SPEED	
4:15 PM - 5:00 PM HIGH SCHOOL STRENGTH	4:15 PM - 5:00 PM HIGH SCHOOL STRENGTH	4:15 PM - 5:00 PM HIGH SCHOOL STRENGTH	4:15 PM - 5:00 PM HIGH SCHOOL STRENGTH	
5:00 PM - 6:00 PM YOUTH	5:00 PM- 6:00 PM YOUTH	5:00 PM - 6:00 PM YOUTH	5:00 PM - 6:00 PM YOUTH	