

GROUP TRAINING SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM-7:00 AM ADULT GROUP	6:00 AM-7:00 AM ADULT GROUP		6:00 AM-7:00 AM ADULT GROUP	6:00 AM-7:00 AM ADULT GROUP
12:15 PM- 1:15 PM ADULT GROUP	12:15 PM- 1:15 PM ADULT GROUP	12:15 PM- 1:15 PM ADULT GROUP	12:15 PM - 1:15 PM ADULT GROUP	12:15 PM- 1:15 PM ADULT GROUP
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	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	4:15 PM - 5:00 PM HIGH SCHOOL STRENGTH
5:00 PM - 6:00 PM YOUTH - LEARN TO TRAIN	5:00 PM- 6:00 PM YOUTH - LEARN TO TRAIN	5:00 PM - 6:00 PM YOUTH - LEARN TO TRAIN	5:00 PM - 6:00 PM YOUTH - LEARN TO TRAIN	
	6:00 PM - 6:45 PM HIGH SCHOOL SPEED		6:00 PM - 6:45 PM HIGH SCHOOL SPEED	
	6:45PM - 7:30 PM HIGH SCHOOL STRENGTH		6:45PM - 7:30 PM HIGH SCHOOL STRENGTH	
Return to Performance by appointment				*College/Elite Training by Appointment*