



## Sports Performance Training Schedule Effective May 31st

- ☐ Please schedule a minimum of 48 hours prior to the desired session.
- ☐ Must call 24 hours in advance to cancel a session.
- ☐ Sessions must be scheduled by 12pm on Friday to schedule Saturday sessions.
- ☐ Please keep in mind that this schedule is subject to change.

### Adult Training

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	6:00pm		6:00pm		9:00am	

### Level I – Rookie

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	1:00pm		1:00pm	1:00pm		
3:00pm	3:00pm	3:00pm	3:00pm		9:00am	
	5:45pm		5:45pm			

### Level II - Advanced

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1:00pm	1:00pm	1:00pm	1:00pm	1:00pm	10:00am	
3:00pm	3:00pm	3:00pm	3:00pm		11:30am	
5:30pm	5:45pm	5:30pm	5:45pm			

### Level III – Select

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1:00pm	1:00pm	1:00pm	1:00pm		10:00am	
3:00pm	3:00pm	3:00pm	3:00pm	3:00pm	11:30am	
5:30pm	5:45pm	5:30pm	5:45pm			

### Level IV – Elite

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1:00pm	1:00pm	1:00pm	1:00pm			
	3:00pm		3:00pm	3:00pm	11:30am	
5:30pm	5:45pm	5:30pm	5:45pm			