

# Spring 2018 Training Schedule

Monday April 2<sup>nd</sup> – Saturday June 2<sup>nd</sup>



## Adult Functional Training

### 45 Minute sessions

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> |
|---------------|----------------|------------------|-----------------|---------------|-----------------|
| 6:15-7:00am   | 6:30-7:15pm    | 6:15-7:00am      | 6:30-6:15pm     | 6:15-7:00am   | 8:15-9:00am     |
| 7:15-8:00am   |                | 7:15-8:00am      |                 | 7:15-8:00am   |                 |
| 9:15-10:00am  |                | 9:15-10:00am     |                 | 9:15-10:00am  |                 |
| 6:15-7:00pm   |                | 6:15-7:00pm      |                 |               |                 |

## Middle School Speed & Strength Training (10-13 years of age)

### 60 Minute Sessions

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> |
|---------------|----------------|------------------|-----------------|---------------|-----------------|
| 4:15-5:15pm   | 4:15-5:15pm    | 4:15-5:15pm      | 4:15-5:15pm     | 4:15-5:15pm   | 10:00-11:00am   |
|               | 6:30-7:30pm    |                  | 6:30-7:30pm     |               |                 |

## High School Speed & Strength Training (13-18 years of age)

### 90 Minute Sessions

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> |
|---------------|----------------|------------------|-----------------|---------------|-----------------|
| 4:00-5:30pm   | 4:00-5:30pm    | 4:00-5:30pm      | 4:00-5:30pm     | 4:00-5:30pm   | 10:00-11:30am   |
| 6:30-8:00pm   | 6:30-8:00pm    | 6:30-8:00pm      | 6:30-8:00pm     |               |                 |

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### Close Dates

May 26<sup>th</sup> – May 28<sup>th</sup> – Memorial Day Weekend