

Summer 2018 Class Schedule

Monday June 4th – Tuesday August 21st



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	8:30-9:15am	6:15-7:00am	8:30-9:15am	6:15-7:15am	8:15-9:00am
7:15-8:00am	6:30-7:15pm	7:15-8:00am	6:30-7:15pm	7:15-8:00am	
9:30-10:15am		9:30-10:15am		9:30-10:15am	
6:30-7:15pm		6:30-7:15pm			

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>
10:15-11:15am	10:15-11:15am	10:15-10:15am	10:15-11:15am	10:15-11:15am
6:30-7:30pm	6:30-7:30pm	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>
10:00-11:30am	10:00-11:30am	10:00-11:30am	10:00-11:30am	10:00-11:30am	10:00-11:30am
3:30-5:00pm	3:30-5:00pm	3:30-5:00pm	3:30-5:00pm		
5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm		

Collegiate Training (May 21st – August 17th)

*for current collegiate athletes and athletes entering college in the fall

90 Minute Sessions

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8:00-9:30am	5:00-6:30pm	8:00-9:30am	5:00-6:30pm	8:00-9:30am
5:00-6:30pm		5:00-6:30pm		

***Premier will be closed July 3rd and 4th for Independence Day**