

# Summer 2018 Class Schedule

Monday June 4<sup>th</sup> – 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>
7:15-8:00am	7:15-8:00am	7:15-8:00am	7:15-8:00am	7:15-8:00am	8:15-9:00am
9:30-10:15am-	6:30-7:15pm	9:30-10:15am	6:30-7:15pm	9:30-10:15am	
6:30-7:15am		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		

## Collegiate Training (May 21st – August 17<sup>th</sup>)

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

### 90 Minute Sessions

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

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**\*Premier will be closed July 3<sup>rd</sup> and 4th for Independence Day**