

Winter Class Schedule 2019



Middle School Speed & Strength Training (Ages 11-13)

60 Minute Sessions

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
4:15-5:15pm	4:15-5:15pm 6:30-7:30pm	4:15-5:15pm	4:15-5:15pm 6:30-7:30pm	4:15-5:15pm

High School Speed & Strength Training (Ages 14-18)

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 6:30-8:00pm	4:00-5:30pm	4:00-5:30pm 6:30-8:00pm	4:00-5:30pm	4:00-5:30pm	10:00-11:30am

Varsity Speed (Ages 14-18)

60 Minute Sessions

<u>Tuesday</u>	<u>Thursday</u>
5:30-6:30pm	5:30-6:30pm

*This program specifically works on speed, agility and power and is for athletes that strength train outside of Premier. If you are not strength training outside of Premier, you must enroll in the High School speed & strength program. The strength training portion is essential to improving speed & power output on the playing field.**

Premier Fit – Adults

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 9:00-9:45am 6:30 -7:15pm	7:15-8:00am 5:30-6:15pm	7:15-8:00am 9:00-9:45am 6:30-7:15pm	7:15-8:00am 5:30-6:15pm	7:15-8:00am 9:00-9:45am 3:15-4:00pm	8:15-9:00am