

# Summer 2019 Class Schedule

Monday June 10<sup>th</sup> – Friday August 24th



## Premier Fit (Adult Group)

### 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
9:00-9:45am	8:00-8:45am	9:00-9:45am	8:00-8:45am	9:00-9:45am	
6:00-6:45pm	9:00-9:45am	6:00-6:45pm	9:00-9:45am		
	6:00-6:45pm		6:00-6:45pm		

## Middle School Speed & Strength Training (11-13 years of age)

### 60 Minute Sessions

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
10:15-11:15am	6:00-7:00pm	10:15-11:15am	6:00-7:00pm	10:15-11:15am	9:00-10:00am
6:00-7:00pm		6:00-7:00pm		11:30-12:30pm	

## 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	11:30-1:00pm	
6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm		

## Collegiate Training

\*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
4:30-6:00pm	4:30-6:00pm	

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**\*Premier will be closed July 1<sup>st</sup> – 6th**