

# GAMEDAY YOUTH SPORTS PERFORMANCE CLASS SCHEDULE

**SPEED/STRENGTH/AGILITY  
CO-ED AGES 6-18**

**SMALL GROUP/1:1/TEAM TRAINING**

**BATTING CAGES/CRICKET LANES &  
TURF RENTAL AVAILABLE DAILY!**

## Monday

- 3-5 Open Training & LAX WALL BALL CLUB, 1 on 1
- 5-6 All Ages
- 6-7 Grades 1/2
- 7-8 Middle/High School
- 8-9 Team Training

## Tuesday

- 3-5 Open Training & LAX WALL BALL CLUB, 1 on 1
- 5-6 Grades 1-5
- 6-7 Middle/High School

## Wednesday

- 3-5 Open Training & LAX WALL BALL CLUB, 1 on 1
- 5-6 All Ages
- 6-7 Grades 3/4/5
- 7-8 Middle/High School
- 8-9 Team Training

## Thursday

- 3-5 Open Training & LAX WALL BALL CLUB, 1 on 1
- 5-6 Grades 1/2
- 6-7 Grades 3/4/5
- 7-8 Middle/High School
- 8-9 Team Training

## Friday

- 3-5 Open Training & LAX WALL BALL CLUB, 1 on 1
- 5-6 All Ages
- 6-7 Grades 1/2
- 7-8 Middle/High School
- 8-9 Team Training

## Saturday

- 9-10 Grades 1-5
  - 10-11 Middle/High School
  - 12PM SPORT SPECIFIC WORKSHOP
- \*Every other Saturday beginning Saturday May 4th

## Sunday

**TURF RENTALS AVAILABLE!**

[www.GamedayAthlete.com](http://www.GamedayAthlete.com)

[@GamedayAthletix](https://www.instagram.com/GamedayAthletix)