

DECEMBER 2023

December 4th - 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM						Adult Open (18+) Fitness & Strength 9:00-10:00 AM
9:30 AM						
4:00 PM	Elite A (ages 14-18) Sports Performance 3:45-5:00 PM	Elite C (ages 14-18) Sports Performance 3:45-5:00 PM	Elite A (ages 14-18) Sports Performance 3:45-5:00 PM	Elite C (ages 14-18) Sports Performance 3:45-5:00 PM		
4:30 PM						
5:00 PM	Youth A (ages 10-13) Fitness & Strength 5:00-6:00 PM	Youth B (ages 8-11) Fitness & Strength 5:00-6:00 PM	Youth A (ages 10-13) Fitness & Strength 5:00-6:00 PM	Youth B (ages 8-11) Fitness & Strength 5:00-6:00 PM		
5:30 PM						
6:00 PM	Women on Weights (18+) Fitness & Strength 6:00-7:00 PM	Adult Open (18+) Fitness & Strength 6:00-7:00 PM	Women on Weights (18+) Fitness & Strength 6:00-7:00 PM	Adult Open (18+) Fitness & Strength 6:00-7:00 PM		
6:30 PM						
7:00 PM	Teen A (ages 14-18) Fitness & Strength 7:00-8:15 PM	Teen B (ages 12-18) Fitness & Strength 7:00-8:15 PM	Teen A (ages 14-18) Fitness & Strength 7:00-8:15 PM	Teen B (ages 12-18) Fitness & Strength 7:00-8:15 PM		
7:30 PM						
8:00 PM						
8:30 PM	Elite B (ages 14-18) Sports Performance 8:15-9:30 PM	Elite D (ages 14-18) Sports Performance 8:15-9:30 PM	Elite B (ages 14-18) Sports Performance 8:15-9:30 PM	Elite D (ages 14-18) Sports Performance 8:15-9:30 PM		
9:00 PM						