

# DECEMBER 2024

December 2nd - 19th

	Monday	Tuesday	Wednesday	Thursday
3:30 PM	<b>Elite A (ages 14-18)</b> Sports Performance 3:30-4:45 PM	<b>Elite C (ages 14-18)</b> Sports Performance 3:30-4:45 PM	<b>Elite A (ages 14-18)</b> Sports Performance 3:30-4:45 PM	<b>Elite C (ages 14-18)</b> Sports Performance 3:30-4:45 PM
4:00 PM				
4:30 PM				
5:00 PM	<b>Youth A (ages 8-13)</b> <b>Fitness &amp; Strength</b> 4:45-5:45 PM	<b>Youth B (ages 8-13)</b> <b>Fitness &amp; Strength</b> 4:45-5:45 PM	<b>Youth A (ages 8-13)</b> <b>Fitness &amp; Strength</b> 4:45-5:45 PM	<b>Youth B (ages 8-13)</b> <b>Fitness &amp; Strength</b> 4:45-5:45 PM
5:30 PM				
6:00 PM	<b>Adult Open (ages 18+)</b> Fitness & Strength 5:45-6:45 PM	<b>Teen (ages 13-18)</b> Fitness & Strength 5:45-6:45 PM	<b>Adult Open (ages 18+)</b> Fitness & Strength 5:45-6:45 PM	<b>Teen (ages 13-18)</b> Fitness & Strength 5:45-6:45 PM
6:30 PM				
7:00 PM	<b>Snipers Lacrosse Training</b> <b>(Private Group)</b> Sports Performance 6:45-8:00 PM	<b>Stingers Softball Training</b> <b>(Private Group)</b> Sports Performance 6:45-8:00 PM	<b>Snipers Lacrosse Training</b> <b>(Private Group)</b> Sports Performance 6:45-8:00 PM	<b>Stingers Softball Training</b> <b>(Private Group)</b> Sports Performance 6:45-8:00 PM
7:30 PM				
8:00 PM	<b>Elite B (ages 14-18)</b> Sports Performance 8:00-9:15 PM	<b>Elite D (ages 14-18)</b> Sports Performance 8:00-9:15 PM	<b>Elite B (ages 14-18)</b> Sports Performance 8:00-9:15 PM	<b>Elite D (ages 14-18)</b> Sports Performance 8:00-9:15 PM
8:30 PM				
9:00 PM				