

DECEMBER 2025

December 1st - 19th

Monday		Tuesday		Wednesday		Thursday		Friday	
3:30 PM	Elite A (ages 14-18) Sports Performance 3:30-4:45 PM	Elite C (ages 14-18) Sports Performance 3:30-4:45 PM	Elite A (ages 14-18) Sports Performance 3:30-4:45 PM	Elite C (ages 14-18) Sports Performance 3:30-4:45 PM	Speed, Agility, & Conditioning with Coach Hannah (ages 12-18) 3:30-4:30 PM				
4:00 PM									
4:30 PM	Youth A (ages 8-13) Fitness & Strength 4:45-5:45 PM	Youth B (ages 8-13) Fitness & Strength 4:45-5:45 PM	Youth A (ages 8-13) Fitness & Strength 4:45-5:45 PM	Youth B (ages 8-13) Fitness & Strength 4:45-5:45 PM					
5:00 PM									
5:30 PM	Adult Open (ages 18+) Fitness & Strength 5:45-6:45 PM	Teen (ages 12-16) Fitness & Strength 5:45-6:45 PM	Adult Open (ages 18+) Fitness & Strength 5:45-6:45 PM	Teen (ages 12-16) Fitness & Strength 5:45-6:45 PM					
6:00 PM									
6:30 PM	Elite B (ages 14-18) Sports Performance 6:45-8:00 PM	Elite D (ages 14-18) Sports Performance 6:45-8:00 PM	Elite B (ages 14-18) Sports Performance 6:45-8:00 PM	Elite D (ages 14-18) Sports Performance 6:45-8:00 PM					
7:00 PM									
7:30 PM	PRIVATE GROUP FM LACROSSE TRAINING A Sports Performance (ages 12-18) 8:00 - 9:15 PM	Elite E (ages 14-18) Sports Performance (ages 14-18) 8:00 - 9:15 PM	PRIVATE GROUP FM LACROSSE TRAINING A Sports Performance (ages 12-18) 8:00 - 9:15 PM	Elite E (ages 14-18) Sports Performance (ages 14-18) 8:00 - 9:15 PM					
8:00 PM									
8:30 PM									
9:00 PM									