DECEMBER 2026 SESSION

November 30th - December 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday
3:30 PM	**Elite A (ages 14-18)** Sports Performance 3:30-4:45 PM	***PRIVATE GROUP*** **FM Flag Football Training** Sports Performance 3:30-4:45 PM	**Elite A (ages 14-18)** Sports Performance 3:30-4:45 PM	***PRIVATE GROUP*** **FM Flag Football Training** Sports Performance 3:30-4:45 PM	***PRIVATE GROUP*** **FM Football Training** Sports Performance 3:30-4:45 PM
4:00 PM					
4:30 PM					
5:00 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	
5:30 PM					
6:00 PM	***PRIVATE GROUP*** **FM Football Training** Sports Performance 5:45-7:00 PM	**Teen (ages 13-18)** Fitness & Strength 5:45-7:00 PM	**Adult Open (ages 18+)** Fitness & Strength 5:45-7:00 PM	**Teen (ages 13-18)** Fitness & Strength 5:45-7:00 PM	
6:30 PM					
7:00 PM	**Elite B (ages 14-18)** Sports Performance 7:00-8:15 PM	**Elite C (ages 14-18)** Sports Performance 7:00-8:15 PM	**Elite B (ages 14-18)** Sports Performance 7:00-8:15 PM	**Elite C (ages 14-18)** Sports Performance 7:00-8:15 PM	
7:30 PM					
8:00 PM					