

# FALL 1 2024

September 9th - October 17th

	Monday	Tuesday	Wednesday	Thursday
4:00 PM	<b>Elite A (ages 14-18)</b> Sports Performance 3:45-5:00 PM	<b>Elite C (ages 14-18)</b> Sports Performance 3:45-5:00 PM	<b>Elite A (ages 14-18)</b> Sports Performance 3:45-5:00 PM	<b>Elite C (ages 14-18)</b> Sports Performance 3:45-5:00 PM
4:30 PM				
5:00 PM	<b>Youth A (ages 8-13)</b> Fitness & Strength 5:00-6:00 PM	<b>Youth B (ages 8-13)</b> Fitness & Strength 5:00-6:00 PM	<b>Youth A (ages 8-13)</b> Fitness & Strength 5:00-6:00 PM	<b>Youth B (ages 8-11)</b> Fitness & Strength 5:00-6:00 PM
5:30 PM				
6:00 PM	<b>Adult Open (ages 18+)</b> Fitness & Strength 6:00-7:00 PM	<b>Teen (ages 13-18)</b> Fitness & Strength 6:00-7:15 PM	<b>Adult Open (ages 18+)</b> Fitness & Strength 6:00-7:00 PM	<b>Teen (ages 14-18)</b> Fitness & Strength 6:00-7:15 PM
6:30 PM				
7:00 PM	<b>PRIVATE GROUP</b> 7:00-8:30 PM	<b>Elite D (ages 14-18)</b> Sports Performance 7:15-8:30 PM	<b>IN-SEASON MAINTENANCE</b> 7:00-8:30 PM	<b>Elite D (ages 14-18)</b> Sports Performance 7:15-8:30 PM
7:30 PM				
8:00 PM				