

FALL 2 2024

October 21st - November 26th

NO CLASS 10/31 or 11/11

Monday		Tuesday		Wednesday		Thursday		Saturday	
3:30 PM	Elite A (ages 14-18) Sports Performance 3:30-4:45 PM		Elite A (ages 14-18) Sports Performance 3:30-4:45 PM	Elite A (ages 14-18) Sports Performance 3:30-4:45 PM		8:30 AM	Adult Open (ages 18+) Fitness & Strength 8:30-9:45 AM		
4:00 PM		Elite C (ages 14-18) Sports Performance 3:45-5:00 PM				Elite C (ages 14-18) Sports Performance 3:45-5:00 PM		9:00 AM	
4:30 PM			9:30 AM						
5:00 PM	Elite B (ages 14-18) Sports Performance 4:45-6:00 PM	Youth B (ages 8-13) Fitness & Strength 5:00-6:00 PM	Elite B (ages 14-18) Sports Performance 4:45-6:00 PM	Youth B (ages 8-13) Fitness & Strength 5:00-6:00 PM		10:00 AM	Speed, Agility, & Conditioning (ages 14-18) 10:00-11:00 AM		
5:30 PM								10:30 AM	
6:00 PM	Adult Open (ages 18+) Fitness & Strength 6:00-7:15 PM	Teen (ages 13-18) Fitness & Strength 6:00-7:15 PM	Adult Open (ages 18+) Fitness & Strength 6:00-7:15 PM	Teen (ages 13-18) Fitness & Strength 6:00-7:15 PM					
6:30 PM									
7:00 PM									
	Snipers Lacrosse Training Sports Performance 7:15-8:30 PM	Elite D (ages 14-18) Sports Performance 7:15-8:30 PM	Snipers Lacrosse Training Sports Performance 7:15-8:30 PM	Elite D (ages 14-18) Sports Performance 7:15-8:30 PM					
7:30 PM									
8:00 PM									