

June 2024

Monday, June 3rd - Tuesday, July 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday
3:00	Early Birdies PRIVATE GROUP Sports Performance 2:45-4:00 PM		Early Birdies PRIVATE GROUP Sports Performance 2:45-4:00 PM		Speed, Agility, & Conditioning (PRIVATE) *OPTIONAL ADD-ON* (ages 14-18) 2:45-4:00 PM
3:30					
4:00 PM	Elite A (ages 14-18) Sports Performance 4:00-5:15 PM	Gilly Gang PRIVATE GROUP Sports Performance 3:45-5:00 PM	Elite A (ages 14-18) Sports Performance 4:00-5:15 PM	Gilly Gang PRIVATE GROUP Sports Performance 3:45-5:00 PM	Speed, Agility, & Conditioning *OPTIONAL ADD-ON* (ages 14-18) 4:00-5:15 PM
4:30 PM					
5:00 PM					
5:30 PM		Youth (ages 8-12) Fitness & Strength 5:00-6:00 PM		Youth (ages 8-12) Fitness & Strength 5:00-6:00 PM	
6:00 PM	Adult Open (ages 18+) Fitness & Strength 5:45-7:00 PM	Teen (ages 13-18) Fitness & Strength 6:00-7:15 PM	Adult Open (ages 18+) Fitness & Strength 5:45-7:00 PM	Teen (ages 13-18) Fitness & Strength 6:00-7:15 PM	
6:30 PM					
7:00 PM		Elite D (ages 14-18) 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					