

# JUNE 2025 SESSION

June 9<sup>th</sup> - July 1<sup>st</sup>

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, and Conditioning A (ages 16+) 4:00-5:00 PM				
4:00 PM									
4:30 PM									
5:00 PM									
5:30 PM	Youth A (ages 11-13) ADVANCED Fitness & Strength 4:45-5:45 PM	Youth B (ages 8-11) Fitness & Strength 4:45-5:45 PM	Youth A (ages 11-13) ADVANCED Fitness & Strength 4:45-5:45 PM	Youth B (ages 8-11) Fitness & Strength 4:45-5:45 PM	Speed, Agility, and Conditioning B (ages 12-16) 5:00-6:00 PM				
6:00 PM									
6:30 PM									
7:00 PM									
7:30 PM	Elite B (ages 14-18) Sports Performance 7:00-8:15 PM	Elite D (ages 14-18) Sports Performance 7:00-8:15 PM	Elite B (ages 14-18) Sports Performance 7:00-8:15 PM	Elite D (ages 14-18) Sports Performance 7:00-8:15 PM					
8:00 PM									