

# MAY 2026 SESSION

May 4th - 21st (3 weeks)

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