

NOVEMBER 2025

October 27th - November 25th

	Monday	Tuesday	Wednesday	Thursday
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
4:00 PM				
4:30 PM	Youth A (ages 8-13) Fitness & Strength 4:45-5:45 PM	Youth B (ages 8-13) Fitness & Strength 4:45-5:45 PM	Youth A (ages 8-13) Fitness & Strength 4:45-5:45 PM	Youth B (ages 8-13) Fitness & Strength 4:45-5:45 PM
5:00 PM				
5:30 PM	Adult Open (ages 18+) Fitness & Strength 5:45-7:00 PM	Teen (ages 13-18) Fitness & Strength 5:45-6:45 PM	Adult Open (ages 18+) Fitness & Strength 5:45-7:00 PM	Teen (ages 13-18) Fitness & Strength 5:45-6:45 PM
6:00 PM				
6:30 PM	Elite B (ages 14-18) Sports Performance 7:00-8:15 PM	Elite D (ages 14-18) Sports Performance 6:45-8:00 PM	Elite B (ages 14-18) Sports Performance 7:00-8:15 PM	Elite D (ages 14-18) Sports Performance 6:45-8:00 PM
7:00 PM				
7:30 PM		Elite E (ages 14-18) Sports Performance 8:00-9:15 PM		Elite E (ages 14-18) Sports Performance 8:00-9:15 PM
8:00 PM				
8:30 PM				
9:00 PM				