NOVEMBER 2026 SESSION

November 2nd - 24th

	Monday	Tuesday	Wednesday	Thursday
3:30 PM	**Elite A (ages 14-18)** Sports Performance 3:30-4:45 PM	***PRIVATE GROUP*** **FM Flag Football Training** Sports Performance 3:30-4:45 PM	**Elite A (ages 14-18)** Sports Performance 3:30-4:45 PM	***PRIVATE GROUP*** **FM Flag Football Training** 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 5:45-7:00 PM	**Adult Open (ages 18+)** Fitness & Strength 5:45-7:00 PM	**Teen (ages 13-18)** Fitness & Strength 5:45-7:00 PM
6:00 PM				
6:30 PM				
7:00 PM	**Elite B (ages 14-18)** Sports Performance 7:00-8:15 PM	**Elite C (ages 14-18)** Sports Performance 7:00-8:15 PM	**Elite B (ages 14-18)** Sports Performance 7:00-8:15 PM	**Elite C (ages 14-18)** Sports Performance 7:00-8:15 PM
7:30 PM				
8:00 PM				