

SEPTEMBER 2026 SESSION

Septmber 9th - October 1st

	Monday	Tuesday	Wednesday	Thursday
3:30 PM	Elite A (ages 14-18) Sports Performance 3:30-4:45 PM		Elite A (ages 14-18) Sports Performance 3:30-4:45 PM	
4:00 PM				
4:30 PM				
5:00 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
5:30 PM				
6:00 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
6:30 PM				
7:00 PM		Elite B (ages 14-18) Sports Performance 7:00-8:15 PM		Elite B (ages 14-18) Sports Performance 7:00-8:15 PM
7:30 PM				
8:00 PM				