

SPRING 1 2025

March 17th - April 10th

	Monday	Tuesday	Wednesday	Thursday			Saturday
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		9:00 AM	
4:00 PM						9:30 AM	
	Youth A (ages 8-13) Fitness & Strength 4:45-5:45 PM	Youth B (ages 8-10) Fitness & Strength 4:45-5:45 PM	Youth A (ages 8-13) Fitness & Strength 4:45-5:45 PM	Youth B (ages 8-10) Fitness & Strength 4:45-5:45 PM		10:00 AM	Central Rock Climbing PRIVATE GROUP 9:45-11:00 AM
4:30 PM							
						10:30 AM	
5:00 PM	Adult Open (ages 18+) Fitness & Strength 5:45-7:00 PM	Youth C (ages 11-13) Fitness & Strength 5:45-6:45 PM	Adult Open (ages 18+) Fitness & Strength 5:45-7:00 PM	Youth C (ages 11-13) Fitness & Strength 5:45-6:45 PM			
						11:00 AM	
5:30 PM							
	Elite B (ages 14-18) Sports Performance 7:00-8:15 PM	Teen (ages 13-18) Fitness & Strength 6:45-8:00 PM	Elite B (ages 14-18) Sports Performance 7:00-8:15 PM	Teen (ages 13-18) Fitness & Strength 6:45-8:00 PM		11:30 AM	
6:00 PM							
						12:00 PM	
6:30 PM		Elite D (ages 14-18) Sports Performance 8:00-9:15 PM		Elite D (ages 14-18) Sports Performance 8:00-9:15 PM			
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 pm							