

SPRING 2 2024

April 1st - 11th *and*

April 29th - May 23rd

	Monday	Tuesday	Wednesday	Thursday
4:00 PM	Elite A (ages 14-18) Sports Performance 3:45-5:00 PM		Elite A (ages 14-18) Sports Performance 3:45-5:00 PM	
4:30 PM				
5:00 PM				
5:30 PM		Youth (ages 8-12) Fitness & Strength 5:00-6:00 PM		Youth (ages 8-12) Fitness & Strength 5:00-6:00 PM
6:00 PM	Adult Open (ages 18+) Fitness & Strength 5:45-7:00 PM		Adult Open (ages 18+) Fitness & Strength 5:45-7:00 PM	
6:30 PM				
7:00 PM				
7:30 PM		Elite B (ages 14-18) Sports Performance 7:15-8:30 PM		Elite B (ages 14-18) Sports Performance 7:15-8:30 PM
8:00 PM				