

SUMMER SESSION 2025

July 7th - August 15th

	Monday	Tuesday	Wednesday	Thursday	Friday
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 (ages 8-13) Fitness & Strength 4:45-6:00 PM	Elite C (ages 14-18) Sports Performance 4:30-5:45 PM	Youth (ages 8-13) Fitness & Strength 4:45-6:00 PM	Elite C (ages 14-18) Sports Performance 4:30-5:45 PM	Speed, Agility, and Conditioning (ages 12+) 5:00-6:00 PM
5:30 PM					
6:00 PM					
6:30 PM	Adult Open (ages 18+) Fitness & Strength 6:00-7:00 PM	Teen (ages 13-18) Fitness & Strength 5:45-7:00 PM	Adult Open (ages 18+) Fitness & Strength 6:00-7:00 PM	Teen (ages 13-18) Fitness & Strength 5:45-7:00 PM	
7:00 PM					
7:30 PM					
8:00 PM	Elite B (ages 14-18) Sports Performance 7:00-8:15 PM	Elite D (ages 14-18) Sports Performance 7:00-8:15 PM	Elite B (ages 14-18) Sports Performance 7:00-8:15 PM	Elite D (ages 14-18) Sports Performance 7:00-8:15 PM	