

SUMMER SESSION 2026

July 6th - August 13th

	Monday	Tuesday	Wednesday	Thursday
3:30 PM				
4:00 PM	FM FOOTBALL TRAINING 4:00-5:00 PM		FM FOOTBALL TRAINING 3:30-4:30 PM	FM FOOTBALL TRAINING 3:30-4:30 PM
4:30 PM				
5:00 PM		Youth (ages 8-12) Fitness & Strength 4:45-5:45 PM		Youth (ages 8-12) Fitness & Strength 4:45-5:45 PM
5:30 PM				
6:00 PM	Adults (ages 18+) Fitness & Strength 6:00-7:00 PM	Teen (ages 13-18) Fitness & Strength 5:45-7:00 PM	Adults (ages 18+) Fitness & Strength 6:00-7:00 PM	Teen (ages 13-18) Fitness & Strength 5:45-7:00 PM
6:30 PM				
7:00 PM	Elite A (ages 14-18) Sports Performance 7:00-8:15 PM	Elite B (ages 14-18) Sports Performance 7:00-8:15 PM	Elite A (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				