

WINTER 1 2024

Wednesday, January 3rd -
Tuesday, February 13th

	Monday	Tuesday	Wednesday	Thursday
4:00 PM	Elite A (ages 14-18) Sports Performance 3:45-5:00 PM	Elite C (ages 14-18) Sports Performance 3:45-5:00 PM	Elite A (ages 14-18) Sports Performance 3:45-5:00 PM	Elite C (ages 14-18) Sports Performance 3:45-5:00 PM
4:30 PM				
5:00 PM				
5:30 PM	Youth A (ages 10-13) Fitness & Strength 5:00-6:00 PM	Youth B (ages 8-13) Fitness & Strength 5:00-6:00 PM	Youth A (ages 10-13) Fitness & Strength 5:00-6:00 PM	Youth B (ages 8-11) Fitness & Strength 5:00-6:00 PM
6:00 PM				
6:30 PM				
7:00 PM	Adult Open (ages 18+) Fitness & Strength 6:00-7:00 PM	Teen (ages 13-18) Fitness & Strength 6:00-7:15 PM	Adult Open (ages 18+) Fitness & Strength 6:00-7:00 PM	Teen (ages 14-18) Fitness & Strength 6:00-7:15 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 7:15-8:30 PM	Elite B (ages 14-18) Sports Performance 7:00-8:15 PM	Elite D (ages 14-18) Sports Performance 7:15-8:30 PM