

# WINTER 1 2026

January 5th - February 12th

	Monday	Tuesday	Wednesday	Thursday
3:30 PM	<b>Elite Red (ages 14-18)</b> Sports Performance 3:15-4:30 PM	<b>Elite Green (ages 14-18)</b> Sports Performance 3:30-4:45 PM	<b>Elite Red (ages 14-18)</b> Sports Performance 3:15-4:30 PM	<b>Elite Green (ages 14-18)</b> Sports Performance 3:30-4:45 PM
4:00 PM				
4:30 PM				
5:00 PM	<b>Elite Orange (ages 14-18)</b> Sports Performance 4:30-5:45 PM	<b>Youth Orange (ages 8-13)</b> Fitness & Strength 4:45-5:45 PM	<b>Elite Orange (ages 14-18)</b> Sports Performance 4:30-5:45 PM	<b>Youth Orange (ages 8-13)</b> Fitness & Strength 4:45-5:45 PM
5:30 PM				
6:00 PM				
6:30 PM	<b>Youth Red (ages 8-13)</b> Fitness & Strength 5:45-6:45 PM	<b>Teen (ages 12-16)</b> Fitness & Strength 5:45-6:45 PM	<b>Youth Red (ages 8-13)</b> Fitness & Strength 5:45-6:45 PM	<b>Teen (ages 12-16)</b> Fitness & Strength 5:45-6:45 PM
7:00 PM				
7:30 PM				
8:00 PM	<b>Elite Yellow (ages 14-18)</b> Sports Performance 6:45-8:00 PM	<b>Elite Blue (ages 14-18)</b> Sports Performance 6:45-8:00 PM	<b>Elite Yellow (ages 14-18)</b> Sports Performance 6:45-8:00 PM	<b>Elite Blue (ages 14-18)</b> Sports Performance 6:45-8:00 PM
8:30 PM				
9:00 PM				
		<b>Elite Purple (ages 14-18)</b> Sports Performance (ages 14-18) 8:00 - 9:15 PM		<b>Elite Purple (ages 14-18)</b> Sports Performance (ages 14-18) 8:00 - 9:15 PM