

# WINTER 2 2025

February 24th - March 15th

	Monday	Tuesday	Wednesday	Thursday			Saturday
3:30 PM	<b>Elite A (ages 14-18)</b> Sports Performance 3:30-4:45 PM	<b>Elite C (ages 14-18)</b> Sports Performance 3:30-4:45 PM	<b>Elite A (ages 14-18)</b> Sports Performance 3:30-4:45 PM	<b>Elite C (ages 14-18)</b> Sports Performance 3:30-4:45 PM		9:00 AM	
4:00 PM						9:30 AM	
	<b>Youth A (ages 8-13)</b> Fitness & Strength 4:45-5:45 PM	<b>Youth B (ages 8-10)</b> Fitness & Strength 4:45-5:45 PM	<b>Youth A (ages 8-13)</b> Fitness & Strength 4:45-5:45 PM	<b>Youth B (ages 8-10)</b> Fitness & Strength 4:45-5:45 PM		10:00 AM	<b>Central Rock Climbing</b> PRIVATE GROUP *3/8 - 3/29* 9:45-11:00 AM
5:00 PM						10:30 AM	
5:30 PM	<b>Adult Open (ages 18+)</b> Fitness & Strength 5:45-7:00 PM	<b>Youth C (ages 11-13)</b> Fitness & Strength 5:45-6:45 PM	<b>Adult Open (ages 18+)</b> Fitness & Strength 5:45-7:00 PM	<b>Youth C (ages 11-13)</b> Fitness & Strength 5:45-6:45 PM		11:00 AM	<b>Speed, Agility, &amp; Conditioning (ages 12+)</b> 11:00 AM - 12:00 PM
6:00 PM						11:30 AM	
	<b>Elite B (ages 14-18)</b> Sports Performance 7:00-8:15 PM	<b>Teen (ages 13-18)</b> Fitness & Strength 6:45-8:00 PM	<b>Elite B (ages 14-18)</b> Sports Performance 7:00-8:15 PM	<b>Teen (ages 13-18)</b> Fitness & Strength 6:45-8:00 PM		12:00 PM	
6:30 PM							
7:00 PM		<b>Elite D (ages 14-18)</b> Sports Performance 8:00-9:15 PM		<b>Elite D (ages 14-18)</b> Sports Performance 8:00-9:15 PM			
7:30 PM							
8:00 PM							
8:30 PM							
9:00 pm							