

J.GIO

FALL TRAINING



All sessions are at Neon Energy Sports
32 Spruce Street Oakland NJ

MONDAY

5-6pm - 2nd and 3rd grade
6-7pm - 4th and 5th grade
7-8pm - 6th - 8th middle school

THURSDAY

5-6 - Kinder and 1st grade
6-7pm - 2nd and 3rd grade
6-7pm - 4th and 5th grade
7-8pm - 6th - 8th middle school

TUESDAY

5-6m - 1st and 2nd grade
5-6pm - 3rd and 4th grade
6-7pm - 5th and 6th grade

STRENGTH TRAINING

These sessions are in our Strength Room with coach Nicole!

TUESDAY

9-12 Years Old: 4:15- 5:15pm

THURSDAY

9-12 Years Old: 4:15- 5:15pm

WEDNESDAY

4-5pm - 3rd and 4th Grade
5-6pm - 5th - 6th grade

**Sibling Discount
Skills and
Strength Discount**



@JgioTraining

Www.JgioTraining.com