



J.GIO

WINTER SESSION 1

OAKLAND NJ

NOVEMBER 9 – DECEMBER 17

6 WEEKS - \$180

Girls 1st -8th Grade | All levels welcome

Uplifting
Environment

Beautiful
heated facility

Experienced
Female staff



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2ND & 3RD 4:30-5:30	1ST & 2ND 4:30-5:30	1ST & 2ND 4:30-5:30	2ND & 3RD 4:30-5:30
4TH & 5TH LEVEL 2 5:30-6:30	3RD - 5TH 5:30-6:30	3RD - 5TH 5:30-6:30	5TH-7TH 5:30 - 6:30
MIDDLE SCHOOL LEVEL 2 6:30-7:30	MIDDLE SCHOOL 6:30-7:30	4TH - 7TH LEVEL 3 6:30-7:30	← Skills Ball Control First Touch Confidence Speed



STRENGTH & CONDITIONING

Improve speed and agility
Injury Prevention
Acl, Ankle, hip strength
Geared towards all sports

MONDAY

ELEMENTARY SCHOOL
4:15-5:15

MIDDLE SCHOOL
5:15-6:15

WEDNESDAY

ELEMENTARY SCHOOL
4:15-5:15

MIDDLE SCHOOL
5:15-6:15



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