



J.GIO

WINTER SESSION 2

JANUARY 11 – MARCH 3
8 WEEKS - \$240

Girls 1st -10th Grade | All levels welcome

Ball Control | First Touch | Speed | Skills | Confidence



MONDAY	TUESDAY	WEDNESDAY
1ST & 2ND 4:30-5:30	1ST & 2ND 4:30-5:30	1ST & 2ND 4:30-5:30
3RD & 4TH 5:30-6:30	3RD & 4TH 5:30-6:30	3RD & 4TH 5:30-6:30
5TH & 6TH 6:30-7:30 LV 2	5TH & 6TH 6:30-7:30	5TH & 6TH 6:30-7:30 LV 2
7TH - 10TH 7:30-8:30 LV 2	7TH - 10TH 7:30-8:30	7TH - 10TH 7:30-8:30



STRENGTH & CONDITIONING

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

MONDAY

2ND - 5TH
5:15-6:15

6TH - 10TH
6:15-7:15

TUESDAY

2ND - 5TH
5:15-6:15

6TH - 10TH
6:15-7:15

WEDNESDAY

2ND - 5TH
5:15-6:15

6TH - 10TH
6:15-7:15



REGISTER AT [JGIOTRAINING.COM](https://jgiotraining.com)

