



Program and Class Schedule

(Start Times Listed)

Group	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PRO Movement Development	High School and Above	3:00PM 5:00PM 7:00PM	3:00PM 5:00PM 7:00PM	3:00PM 5:00PM 7:00PM	3:00PM 5:00PM 7:00PM	3:00PM 5:00PM 7:00PM	10:00 AM	2:00PM
PRO Strength Development	High School and Above	4:00PM 6:00PM 7:00PM	4:00PM 6:00PM 7:00PM	4:00PM 6:00PM 7:00PM	4:00PM 6:00PM 7:00PM	4:00PM 6:00PM 7:00PM	11:00 AM	3:00PM
Semi Pro Movement Development	Elementary and Middle School	3:30PM 5:00PM 7:00PM	3:30PM 5:00PM 7:00PM	3:30PM 5:00PM 7:00PM	3:30PM 5:00PM 7:00PM	3:30PM 5:00PM 7:00PM	8:00 AM	12PM
Semi Pro Strength Development	Elementary and Middle School	4:30PM 6:00PM 7:00PM	4:30PM 6:00PM 7:00PM	4:30PM 6:00PM 7:00PM	4:30PM 6:00PM 7:00PM	4:30PM 6:00PM 7:00PM	9:00AM	1:00PM
Adult Performance Fitness	Any	6am to 10am 11am to 1pm 3pm to 8pm	6am to 10am 11am to 1pm 3pm to 8pm	6am to 10am 11am to 1pm 3pm to 8pm	6am to 10am 11am to 1pm 3pm to 8pm	6am to 10am 11am to 1pm 3pm to 8pm	8am to 2pm	12pm to 4pm

Each Session is 60 minutes. Schedule is subject to change.

YOUTH ATHLETES MUST PRE-REGISTER FOR ALL ATHLETE DEVELOPMENT PROGRAMS

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