

HS High School (Over 13)
 MS Middle School (Under 14)
 BC Adult Boot Camp
 STR Strength Training
 SA Speed & Agility
 EXPLOSION ALL AGE
 FOSC STR & SA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:30 BC		10:30 BC		9:00 BC
3:30 HS STR	3:30 HS SA	3:30 HS STR	3:30 HS SA	3:30 HS STR	
4:30 HS STR		4:30 HS STR			9:00 HS/MS SA
4:30 FOSC	4:30 FOSC	4:30 FOSC	4:30 FOSC	4:30 FOSC	10:00 HS/MS STR
5:30 MS STR	5:30 MS STR	5:30 MS SA	5:30 MS STR	5:30 MS SA	
			5:30 HS SA	5:30 HS STR	
6:30 BC	6:30 HS/MS SA	6:30 MS STR	6:30 BC	6:30 MS STR	
7:30 MS SA					
7:30 HS STR		7:30 HS SA			