

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

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

9:00 HS/MS SA

4:30 HS STR

4:30 HS STR

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