

TRAIN HARDER

EXPLOSION

EXPLOSION FITNESS SOLUTIONS



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 HS STR	8:30 HS SA	8:30 HS STR	8:30 HS SA	8:30 HS STR	9:00 BC
	10:30 BC		10:30 BC		9:00 HS/MS SA
10:30 MS STR	10:30 MS SA	10:30 MS STR	10:30 MS SA	10:30 MS STR	10:00 HS/MS STR
5:30 HS STR	5:30 HS SA	5:30 HS STR	5:30 HS SA	5:30 HS STR	
6:30 MS STR	6:30 MS SA	6:30 MS STR	6:30 MS SA	6:30 MS STR	
6:30 BC			6:30 BC		

