

School Year Training Schedule 09-10  
August 25<sup>th</sup> – June 11<sup>th</sup>, 2010

**Complete Athlete Conditioning (12-18 years) 90 min. sessions**

<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>	<u>Sat.</u>
4-5:30pm	4-5:30pm	4-5:30pm	4-5:30pm	4-5:30pm	9:30-11am
5:30-7pm	5:30-7pm	5:30-7pm	5:30-7pm	5:30-7pm	11-12:30pm
7-8:30pm	7-8:30pm	7-8:30pm	7-8:30pm		

**Athletic Speed & Agility (12-18 years) 60 min. sessions**

<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>	<u>Sat.</u>
4-5:00pm	4-5:00pm	4-5:00pm	4-5:00pm	4-5:00pm	9:30-10:30am
5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	11-12pm
7-8:00pm	7-8:00pm	7-8:00pm	7-8:00pm		

**FUNDamental Youth Conditioning (9-11 years) 45 min. sessions**

Monday/Wednesday  
7:15-8:00pm

**Premier Adult Fitness 45 min. sessions**

Tuesday /Thursday  
8:30-9:30am

**1 on 1 Private Athlete Training**

By Appointment