

Summer 2010 Training Schedule
June 14th – August 24th

FUNDamental Youth Conditioning (8-11 years of age)

60 Minute Sessions

Tuesday & Thursday

5:00-6:00pm

Complete Athlete Conditioning (12-18 years of age)

90 Minute Sessions

Monday - Thursday

9:30-11:00am

11:00-12:30pm

Friday

9:30-11:00am

11:00-12:30pm

Saturday

9:30-11:00am

11:00-12:30pm

Evening Sessions

5:30-7:00pm

7:00-8:30pm

Athletic Speed & Agility Program (12-18 years of age)

60 Minute Sessions

Monday - Thursday

9:30-10:30am

11:00-12:00am

Friday

9:30-10:30am

11:00-12:00am

Saturday

9:30-10:30am

11:00-12:00am

Evening Sessions

5:30-6:30pm

7:00-8:00pm

High Performance ELITE Conditioning (18-35 years of age)

for incoming collegiate freshman & current collegiate/professional athletes

90 minute sessions

Monday - Thursday

10:15-11:45am

Friday

10:15-11:45am

Saturday

10:15-11:45am

Evening Sessions

5:30-7:00pm

7:00-8:30pm

Premier FIT –Adult Training

45 minute sessions

Monday/Wednesday

6:15-7:00pm

Tuesday/Thursday

8:30-9:15am