



Effective 8/15/24

JS1
AGES 7-10

MON	TUE	WED	THUR	FRI	SAT
4:15 PM or 6:30 PM	4:15 PM or 5:15 PM	4:15 PM or 6:30 PM	4:15 PM or 5:15 PM	4:15 PM	10:00 AM

JS2
AGES 9-12

MON	TUE	WED	THUR	FRI	SAT
4:15 PM or 6:30 PM	4:15 PM or 5:15 PM	4:15 PM or 6:30 PM	4:15 PM or 5:15 PM	4:15 PM	10:00 AM

TP1
AGES 11-15

MON	TUE	WED	THUR	FRI	SAT
5:15 PM [TD] or 7:30 PM [TD]	6:30 PM or 7:30 PM [ST]	5:15 PM [TD] or 7:30 PM [TD]	6:30 PM or 7:30 PM [ST]	5:15 PM [TD]	11:15 AM [TD]

TP2
AGES 13-17

MON	TUE	WED	THUR	FRI	SAT
5:20 PM [TD]	5:20 PM [TD]	5:20 PM [TD]	5:20 PM [TD]	5:20 PM [TD]	12:30 PM [TD]

PEAK
INVITE 15+

MON	TUE	WED	THUR
7:30 PM [TD]	6:30 PM [TD]	7:30 PM [TD]	6:30 PM [TD]

Key

TD: Total Development

- Speed, Power, Strength

ST: Strength

- Weight Lifting Only