



Effective 8/11/25

JS1
AGES 7-10

MON

4:15 PM
or
6:30 PM

TUE

4:15 PM
or
5:15 PM

WED

4:15 PM
or
6:30 PM

THUR

4:15 PM
or
5:15 PM

FRI

4:15 PM

SAT

10:00 AM

JS2
AGES 9-12

MON

4:15 PM
or
6:30 PM

TUE

4:15 PM
or
5:15 PM

WED

4:15 PM
or
6:30 PM

THUR

4:15 PM
or
5:15 PM

FRI

4:15 PM

SAT

10:00 AM

TP1
AGES 11-15

MON

5:15 PM [TD]
or
7:30 PM [TD]

TUE

6:30 PM
or
7:30 PM [ST]

WED

5:15 PM [TD
or]
7:30 PM [TD]

THUR

6:30 PM
or
7:30 PM [ST]

FRI

5:15 PM [TD]

SAT

11:15 AM [TD]

TP2
AGES 14-17

MON

5:20 PM [TD]

TUE

5:20 PM [TD]

WED

5:20 PM [TD]

THUR

5:20 PM [TD]

FRI

5:20 PM [TD]

SAT

12:30 PM [TD]

PEAK

MON

7:30 PM [TD]

TUE

6:30 PM [TD]

WED

7:30 PM [TD]

THUR

6:30 PM [TD]

TD: Total Development

- Speed, Power, Strength

ST: Strength

- Weight Lifting Only

*Groups are assigned
based off testing and age.