



Sports Performance

2024 Class Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00am	Adult Development <i>18+ yrs</i>	Golf Strength 6:30-7:30am	Adult Development <i>18+ yrs</i>	Golf Strength 6:30-7:30am	Adult Development <i>18+ yrs</i>	
7:00-8:00am	Adult Development <i>18+ yrs</i>	Adult Mobility <i>18+ yrs</i>	Adult Development <i>18+ yrs</i>	Adult Mobility <i>18+ yrs</i>	Adult Development <i>18+ yrs</i>	
8:00-9:00am	Adult Development <i>18+ yrs</i>		Adult Development <i>18+ yrs</i>		Adult Development <i>18+ yrs</i>	
10:00-11:00am	Senior Adult Development <i>55+</i>				Senior Adult Development <i>55+</i>	Speed School 10:00-11:00am
3:30-4:30pm	Peak Performance <i>15-18 yrs</i>		Peak Performance <i>15-18 yrs</i>		Peak Performance <i>15-18 yrs</i>	
4:00-5:00pm	Total Performance <i>12-14 yrs</i>		Total Performance <i>12-14 yrs</i>		Total Performance <i>12-14 yrs</i>	
4:30-5:30pm		Girls Who Lift <i>(starts Feb. 6)</i> <i>13-18 yrs</i>		Girls Who Lift <i>(starts Feb. 6)</i> <i>13-18 yrs</i>		
5:00-6:00pm	Jr Jump Start <i>8-11 yrs</i>		Jr Jump Start <i>8-11 yrs</i>			
6:00-7:00pm	Total Performance <i>12-14 yrs</i>	Total Performance <i>12-14 yrs</i>	Total Performance <i>12-14 yrs</i>	Total Performance <i>12-14 yrs</i>	Total Performance <i>12-14 yrs</i>	