




TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15							
10:15-11:15		 Daytime options available for school and custom groups				<b>SPEED, AGILITY &amp; QUICKNESS</b>	<b>ATHLETE COMPLETE DEVELOPMENT</b>
10:15-11:45						<b>ADVANCED ATHLETE DEVELOPMENT</b>	
10:30-12							
2:-3:15							T
3:30-5							
4:30-5:30	<b>ATHLETE COMPLETE DEVELOPMENT</b>		<b>SPEED, AGILITY &amp; QUICKNESS</b>	<b>KIDS MOVEMENT</b>	<b>ATHLETE COMPLETE DEVELOPMENT</b>		
5:30-6:30				<b>ATHLETE COMPLETE DEVELOPMENT</b>			
5:30-7	<b>ADVANCED ATHLETE DEVELOPMENT</b>		<b>ADVANCED ATHLETE DEVELOPMENT</b>		<b>ADVANCED ATHLETE DEVELOPMENT</b>		
7:45-9pm	 *Twist Team Training Times Still Available for WINTER. Please Contact Us for details. #OneTeamOneDream						
9-10:15pm							