


Effective August 29th - Spring 2012

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Grades 3 - 5	4:00 - 5:00pm	4:00 - 5:00pm	4:00 - 5:00pm	4:00 - 5:00pm	4:00 - 5:00pm	11:00 - 12:00pm
	5:30 - 6:30pm	5:30 - 6:30pm	5:30 - 6:30pm	5:30 - 6:30pm	5:30 - 6:30pm	
Developmental 1 Grades 6 - 8	4:00 - 5:30pm	4:00 - 5:30pm	4:00 - 5:30pm	4:00 - 5:30pm	4:00 - 5:30pm	9:30 - 11:00am
	5:30 - 7:00 pm	5:30 - 7:00 pm	5:30 - 7:00 pm	5:30 - 7:00 pm	5:30 - 7:00 pm	
	7:15 - 8:45pm	7:15 - 8:45pm	7:15 - 8:45pm	7:15 - 8:45pm		
Developmental 2 Grades 9 - 12		2:30 - 4:00pm		2:30 - 4:00pm		9:30 - 11:00am
	5:30 - 7:00 pm	5:30 - 7:00 pm	5:30 - 7:00 pm	5:30 - 7:00 pm	5:30 - 7:00 pm	
	7:15 - 8:45pm	7:15 - 8:45pm	7:15 - 8:45pm	7:15 - 8:45pm		
Adult Fitness	6:00 - 7:00am	6:00 - 7:00am	6:00 - 7:00am	6:00 - 7:00am	6:00 - 7:00am	8:00 - 9:00am
	7:00 - 8:00pm	7:00 - 8:00pm	7:00 - 8:00pm	7:00 - 8:00pm		
Strength & Power	4:00 - 5:00pm	4:00 - 5:00pm		4:00 - 5:00pm	4:00 - 5:00pm	1:00 - 2:00pm
	7:00 - 8:00pm	7:00 - 8:00pm	7:00 - 8:00pm	7:00 - 8:00pm		
	<i>*Athlete must be approved by Velocity coaching staff to attend class</i>					
Women's Fitness	9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am	9:00 - 10:00 am	
Testing & Assesment	4:00-5:30pm		4:00-5:30pm			8:00 - 9:00am