



Effective June 27, 2010 - August 27th, 2011

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	2:30-4:00pm	2:30-4:00pm	2:30-4:00pm	2:30-4:00pm	2:30-4:00pm	9:30 - 11:00am
	4:00 - 5:30pm	4:00 - 5:30pm	4:00 - 5:30pm	4:00 - 5:30pm	4:00 - 5:30pm	
	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm		

Developmental 2 Grades 9 - 12	10:30-12:00pm	10:30-12:00pm	10:30-12:00pm	10:30-12:00pm	10:30-12:00pm	9:30 - 11:00am
	2:30-4:00pm	2:30-4:00pm	2:30-4:00pm	2:30-4:00pm	2:30-4:00pm	
	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	4:00-5:30pm	

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		

athlete must be approved by Velocity coaching staff to attend class

Strength & Power						8:00-9:00am
	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		

Women's Fitness	9:30-10:30am	9:30-10:30am	9:30-10:30am	9:30-10:30am	9:30-10:30am	
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Testing & Assessment	4:00-5:30pm		4:00-5:30pm			12:00-1:30pm
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