



## Christmas/New Year's week schedule

### Monday

#### ADULT

5:30 am Strength  
11 am Strength  
3 pm Strength  
5 pm Strength  
5:30 pm Strength

#### YOUTH

4 pm Jump Start Linear Speed  
4 pm Total Performance Strength  
4:30 pm ELITE Speed  
5 pm Total Performance Linear Speed

### Tuesday

#### ADULT

5:30 am Metabolic Conditioning  
Noon Metabolic Conditioning  
5:30 pm Metabolic Conditioning

#### YOUTH

4 pm Jump Start Multi Directional Speed  
4:30 pm ELITE Speed  
5 pm Total Performance Multi Directional Speed  
6 pm Total Performance Strength

### Weds

#### ADULT

5:30 am Strength  
11 am Strength  
3 pm Strength  
5 pm Strength  
5:30 pm Strength

#### YOUTH

4 pm Jump Start Linear Speed  
4 pm Total Performance Strength  
4:30 pm ELITE Speed  
5 pm Total Performance Linear Speed

### Thursday

NO CLASSES for adults or youth. ***Enjoy Christmas Eve and New Year's Eve!***

### Friday

NO CLASSES for adults or youth. ***Enjoy Christmas and New Year's Day!***

### Saturday/Sunday

The 26<sup>th</sup>/27<sup>th</sup> The facilities are closed.

January 2nd

**10 am Metabolic Conditioning- Come join the party**