

SCHOOL YEAR 2023-24

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
4:30 - 5:30				Masters 1		9:00 - 9:45	Preschool
4:45 - 5:30	Preschool	Preschool	Preschool	Preschool	Preschool		Nano
	Nano	Nano	Nano	Nano	Nano		Novice
	Novice	Novice	Novice	Novice	Novice	9:45 - 10:30	Nano
	Power	Make Up Class		Power	Make Up Class		Power
5:00 - 6:00			Mini Masters				Make Up Class
5:15 - 6:00	Parent/Tot	Nano	Parent/Tot			10:30 - 11:15	Nano
5:30 - 6:15	Preschool	Preschool	Nano	Preschool	Preschool		Novice
	Nano	Novice	Novice	Nano	Nano		Power
	Novice	Make Up Class	Power	Novice	Novice	11:15 - 12:00	Novice
	Power			Power	Make Up Class	11:15 - 12:15	Mini Masters
6:00 - 7:00	Masters 1	Masters 1	Mini Masters	Mini Masters			Masters 1
			Masters 1	Masters 1			
6:15 - 7:00	Nano	Nano	Nano	Nano			
			Novice	Novice			
			Power				
6:15 - 7:15	Adult Bootcamp	Mini Masters					
6:30 - 7:15	Novice	Novice					
7:00-8:00				Masters 1			
7:15 - 8:00	Novice	Novice	Novice	Power			
		Power					
7:15 - 8:15	Advanced Course Training	Masters 2	Masters 2	Masters 2			
			Mission Ready (Adults)				

*Highlighted classes are advanced hour long classes by coach recommendation only and cannot be registered for online. Advanced Course Training MUST be taken in conjunction with a Masters class.



Mini Masters: ages 5-7
 Masters 1: ages 8-11
 Masters 2: ages 12+
 Advanced Course Training: 8+