

2024 SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1:15 - 2:00		Nano		
4:30 - 5:30				Masters 1
4:45 - 5:30	Preschool	Preschool	Preschool	Preschool
	Nano	Nano	Nano	Nano
	Novice	Novice	Novice	Novice
	Power			Power
5:00 - 6:00			Mini Masters	
5:15 - 6:00	Parent/Tot	Nano	Parent/Tot	
5:30 - 6:15	Preschool	Preschool	Nano	Preschool
	Nano	Novice	Novice	Nano
	Novice	Make Up Class	Power	Novice
	Power			Power
6:00 - 7:00	Masters 1	Masters 1	Mini Masters	Mini Masters
			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
				Strength 101
7:15 - 8:00	Novice	Novice	Novice	Power
		Power		
7:15 - 8:15	Advanced Course Training	Masters 2	Masters 2	Masters 2
		Strength 101	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+