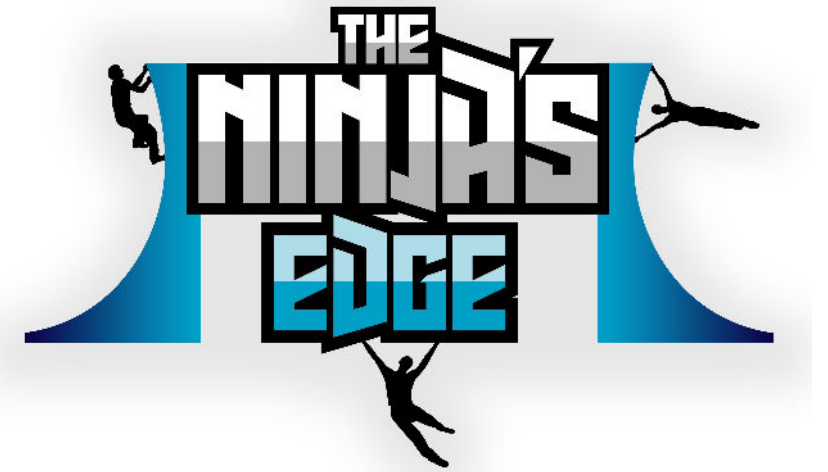


2024 SCHEDULE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | TIME | SATURDAY |
|-------------|--------------------------|---------------|------------------------|---------------|-------------|--------------|
| 4:30 - 5:30 | | | | Masters 1 | 9:00 - 9:45 | Preschool |
| 4:45 - 5:30 | Preschool | Preschool | Preschool | Preschool | | Nano |
| | Nano | Nano | Nano | Nano | | Novice |
| | Novice | Novice | Novice | Novice | 9:45-10:30 | Nano |
| | Power | | | | | Novice |
| 5:00 - 6:00 | | | Mini Masters | | | Power |
| 5:15 - 6:00 | Parent/Tot | Nano | Parent/Tot | | 10:30-11:15 | Nano |
| 5:30 - 6:15 | Preschool | Preschool | Nano | Preschool | | Novice |
| | Nano | Novice | Novice | Nano | | Power |
| | Novice | Make Up Class | Power | Novice | 11:15-12:00 | Novice |
| | 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 | 11:30-12:30 | Strength 101 |
| 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 | Power | | |
| | | | Power | | | |
| 7:15 - 8:15 | Advanced Course Training | Masters 2 | Masters 2 | Masters 2 | | |
| | | Strength 101 | Mission Ready (Adults) | | | |

SATURDAY CLASSES START 9/7/24



*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+