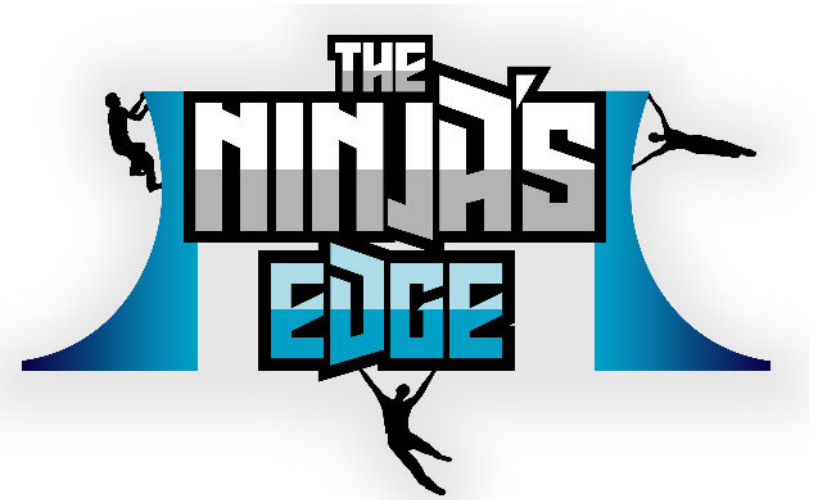


2024 SCHEDULE

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	Mini Masters		Power
5:15 - 6:00	Parent/Tot	Nano	Parent/Tot			Make Up Class
5:30 - 6:15	Preschool	Preschool	Nano	Preschool	10:30-11:15	Nano
	Nano	Novice	Novice	Nano		Novice
	Novice	Make Up Class	Power	Novice	11:15-12:00	Novice
				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	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+