



<u>Monday</u>	<u>Class</u>	<u>Instructor</u>
6:00 - 7:00 am	Adult Fit Athlete	Marc Cornell
9:00 - 10:00 am	Adult Fit Athlete	Blue Baggett
11:00-12:00 pm	Sport Athlete 12 & over	Blue Baggett
11:00-12:00 pm	Youth Sport Athlete 9 to 12 Yrs	Blue Baggett
12:00-1:00 pm	Adult Fit Athlete	Cornell Marc
1:00-2:00 pm	Sport Athlete 12 & over	Blue Baggett
1:00-2:00 pm	Youth Sport Athlete 9 to 12 Yrs	Cornell Marc
4:00-5:00 pm	Sport Athlete 12 & over	Blue Baggett
4:00-5:00 pm	Youth Sport Athlete 9 to 12 Yrs	Cornell Marc
5:00-6:00 pm	Adult Fit Athlete	Blue Baggett
5:00-6:00 pm	Sport Athlete 12 & over	Cornell Marc
<u>Tuesday</u>	<u>Class</u>	<u>Instructor</u>
6:00-7:00 am	Training Camp	Blue Baggett
9:30-10:30 am	FUNDamentals 6-9 year olds	Cornell Marc
9:30-10:30 am	Speed & Agility Youth Sport 9 to 12 years	Blue Baggett
9:30-10:30 am	Training Camp	Cornell Marc
10:30-11:30 am	High School/Speed Agility Training 14 yrs & older	Blue Baggett
11:30-12:30 pm	Training Camp	Blue Baggett
1:00-2:00 pm	Speed & Agility Sport Athlete 12 & Over	Cornell Marc
4:30-5:30 pm	Speed & Agility Sport Athlete 12 & Over	Blue Baggett
4:30-5:30 pm	Speed & Agility Youth Sport 9 to 12 years	Blue Baggett
5:30-6:30 pm	Adult Fit Athlete	Blue Baggett
5:30-6:30 pm	Sport Athlete 12 & Over	Blue Baggett
<u>Wednesday</u>	<u>Class</u>	<u>Instructor</u>
6:00-7:00 am	Adult Fit Athlete	Cornell Marc
9:00-10:00 am	Adult Fit Athlete	Blue Baggett
10:00-11:00 am	Sport Athlete 12 & Over	Blue Baggett
11:00-12:00 pm	Youth Sport Athlete 9 to 12 Years	Blue Baggett
12:00-1:00 pm	Adult Fit Athlete	Cornell Marc
1:00-2:00 pm	Sport Athlete 12 & Over	Blue Baggett
1:00-2:00 pm	Youth Sport Athlete 9 to 12 Years	Cornell Marc
4:00-5:00 pm	Sport Athlete 12 & Over	Blue Baggett
4:00-5:00 pm	Youth Sport Athlete 9 to 12 Years	Cornell Marc
5:00-6:00 pm	Adult Fit Athlete	Blue Baggett
5:00-6:00 pm	Sport Athlete 12 & Over	Cornell Marc

Call (806) 654 - 1057 to Register for Classes

<u>Thursday</u>	<u>Class</u>	<u>Instructor</u>
6:00-7:00 am	Training Camp	Blue Baggett
9:30-10:30 am	FUNDamentals 6-9 year olds	Cornell Marc
9:30-10:30 am	Speed & Agility Youth Sport 9 to 12 year olds	Blue Baggett
9:30-10:30 am	Training Camp	Cornell Marc
10:30-11:30 am	High School/Speed Agility Training 14 yrs & older	Blue Baggett
11:30-12:30 pm	Training Camp	Blue Baggett
1:00-2:00 pm	Speed & Agility Sport Athlete 12 & over	Cornell Marc
4:30-5:30 pm	Speed & Agility Sport Athlete 12 & over	Blue Baggett
4:30-5:30 pm	Speed & Agility Youth Sport 9 to 12 years	Blue Baggett
5:30-6:30 pm	Adult Fit Athlete	Blue Baggett
5:30-6:30 pm	Sport Athlete 12 & Over	Blue Baggett
<u>Friday</u>	<u>Class</u>	<u>Instructor</u>
6:00-7:00 am	Adult Fit Athlete	Cornell Marc
9:00-10:00 am	Adult Fit Athlete	Blue Baggett
10:00-11:00 am	Sport Athlete 12 & Over	Blue Baggett
11:00-12:00 pm	Youth Sport Athlete 9 to 12 years	Blue Baggett
12:00-1:00 pm	Adult Fit Athlete	Cornell Marc
1:00-2:00 pm	Sport Athlete 12 & Over	Blue Baggett
1:00-2:00 pm	Youth Sport Athlete 9 to 12 years	Cornell Marc
<u>Saturday</u>	<u>Class</u>	<u>Instructor</u>
9:00-10:00 am	Training Camp	Cornell Marc

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