



Youth / Teen Classes

JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	2 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	3 NO CLASSES	4 NO CLASSES
5 NO CLASSES	6 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	7 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	8 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	9 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	10 NO CLASSES	11 NO CLASSES
12 NO CLASSES	13 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	14 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	15 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	16 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	17 NO CLASSES	18 NO CLASSES
19 NO CLASSES	20 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	21 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	22 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	23 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	24 NO CLASSES	25 NO CLASSES
26 NO CLASSES	27 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	28 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	29 ES SAQ @ 5:30 PM MS SPE @ 6:00 PM	30 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	31 NO CLASSES	

YOUTH /TEEN CLASSES

Elementary School (ES) | Ages 7-10

Monday: 5:30 PM – 6:30 PM
Wednesday: 5:30 PM – 5:00 PM

Middle School (MS) | Ages 11-13

Monday: 6:00 PM – 7:00 PM
Tuesday: 6:00 PM – 7:00 PM
Wednesday: 6:00 PM – 7:00 PM
Thursday: 6:00 PM – 7:00 PM

High School (HS) | Ages 13-17

Tuesday: 7:00 PM – 8:00 PM
Thursday: 7:00 PM – 8:00 PM

Types of Classes

SAQ: Speed, Agility, and Quickness
SPE: Strength, Power, and Explosiveness