



Youth / Teen Classes **MAY 2022**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						No Classes 1
2 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	3 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	4 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	5 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	6 No Classes	7 No Classes	8 No Classes
9 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	10 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	11 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	12 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	13 No Classes	14 No Classes	15 No Classes
16 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	17 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	18 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	19 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	20 No Classes	21 No Classes	22 No Classes
23 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	24 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	25 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	26 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM	27 No Classes	28 No Classes	29 No Classes
30 ES SAQ @ 4:00 PM MS SPE @ 6:00 PM	31 MS SAQ @ 6:00 PM HS SPE @ 7:00 PM					

YOUTH /TEEN **CLASSES**

Elementary School (ES) | Ages 7-10

Monday: 4:00 PM – 5:00 PM

Wednesday: 4:00 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