



Youth / Teen Classes

JULY 2022

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