

Next Level Fitness and Performance Athlete Training Classes Winter 2011

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
10:00-11:00PM						Levels 2 and 3 (11-14) Combined
11:00-12:00PM		Homeschool Athletic Development		Homeschool Athletic Development		Level 4 (15-23) Sports Perform 90 minutes
5:00-6:00PM	Level 1 (7-10) Early Athlete	Level 1 (7-10) Early Athlete	Level 1 (7-10) Early Athlete	Level 1 (7-10) Early Athlete		
5:00-6:00PM NEW TIME!!	Level 2 (11-14) Complete Ath	Level 2 (11-14) Complete Ath	Level 2 (11-14) Complete Ath	Level 2 (11-14) Complete Ath		
6:00-7:00PM	Level 3 (11-14) Learn to Lift	Level 3 (11-14) Learn to Lift	Level 3 (11-14) Learn to Lift	Level 3 (11-14) Learn to Lift		
6:30-8:00PM	Level 4 (15-23) Sports Perform	Level 4 (15-23) Sports Perform	Level 4 (15-23) Sports Perform	Level 4 (15-23) Sports Perform		