



Speed & Conditioning

2019

Effective March 4, 2019

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
4:30pm	4:30pm	4:30pm	4:30pm	4:30pm
JumpStart 1&2	Total Conditioning	JumpStart 1&2	Total Conditioning	JumpStart 1&2
5:30pm	5:30pm	5:30pm	5:30pm	5:30pm
JumpStart 2	JumpStart 2	JumpStart 2	JumpStart 2	JumpStart 2
6:30pm	6:30pm	6:30pm	6:30pm	6:30pm
Total Perf 1 & 2	Total Perf 1 & 2	Total Perf 1 & 2	Total Perf 1 & 2	Total Perf 1 & 2

Please let your Performance Coach know you will attend PRIOR to your training session day/time. Call (336) 478-2663

LATE POLICY-Athletes are allowed a 10 minute grace period. After 10 minutes the performance coach will use his/her discretion to decide if the athlete may participate in class. THIS POLICY IS MADE WITH THE ATHLETE'S SAFETY IN MIND. All athletes need to be properly warmed up to prevent injury & perform well.

Strength

2019

Effective March 4, 2019

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
5:30pm	5:30pm	5:30pm	5:30pm	5:30pm
JumpStart 1 & 2	JumpStart 1 & 2	JumpStart 1 & 2	JumpStart 1 & 2	JumpStart 1 & 2
6:30pm	6:30pm	6:30pm	6:30pm	6:30pm
Total Perf 1 & 2	Total Perf 1 & 2	Total Perf 1 & 2	Total Perf 1 & 2	Total Perf 1 & 2

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