



FITNESS & PERFORMANCE

ATHLETE SUMMER SCHEDULE 2023

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	SATURDAY
10:00 AM	Sports Performance MS	YADP (1st - 4th)	Sports Performance MS	YADP (1st - 4th)	Sports Performance MS	Sports Performance
10:30 AM	YADP (5th & 6th)	YADP (5th & 6th)		YADP (5th & 6th)	YADP (5th & 6th)	Sports Performance
11:00 AM	Volleyball Performance	Volleyball Performance	Volleyball Performance	Volleyball Performance		
11:30 AM						
12:00 AM						
12:30 AM						
1:00 PM	Reserved for Team Training	Reserved for Team Training	Reserved for Team Training	Reserved for Team Training		
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	HS Male	HS Male	HS Male	HS Male		
3:30 PM	HS Female	HS Female	HS Female	HS Female		
4:00 PM	MS Male	MS Male	MS Male	MS Male		
4:30 PM	MS Female	MS Female	MS Female	MS Female		
5:00 PM	HS Male	HS Male	HS Male	HS Male		
5:30 PM	MS Male	MS Male	MS Male	MS Male		
6:00 PM	HS MALE	HS MALE	HS MALE	HS MALE		



CALL US FOR MORE INFO
817-416-4990