



Sports Performance Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
4PM	Varsity & JV	Varsity & JV	Varsity & JV	Varsity & JV	Varsity & JV

1-on-1 and Semi-Private Sessions are also available

All sessions are 1 hour in length and include a full warm up, movement and strength training, as well as flexibility and myofascial soft tissue release.

Varsity: Ages 15-18 JV: Ages 12-14
