

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
3:30PM	Jump Start 1 Jump Start 2 TP LS	Jump Start 1 Jump Start 2	Jump Start 1 Jump Start 2 TP MDS	Jump Start 1 Jump Start 2	Jump Start 1 Jump Start 2 TP LS	9AM	Jump Start 2
4:30PM	Jump Start 2 JS 2: Strength TP Strength	TP LS JS 2: Strength Game Time	Jump Start 2 JS 2: Strength TP Strength	TP MDS JS 2: Strength Game Time	TP Strength JS 2: Strength	10AM	TP MDS
5:30PM	TP MDS TP Strength	TP Strength	TP LS TP Strength	TP Strength	TP MDS TP Strength	11AM	TP Strength Elite MDS
6:30PM	Elite LS	Elite LS Jump Start 1 Jump Start 2	Elite MDS	Elite MDS Jump Start 1 Jump Start 2	Elite LS	12PM	Elite Strength
7:30PM	Elite Strength	Elite Strength	Elite Strength	Elite Strength		1PM	

All Sessions are 50 Minutes

First Thursdays of the Month, Re-Evaluations for All Levels at 5pm

OTHER SERVICES OFFERED (Please inquire at the front desk or Text us at 858-695-9960):

- Team Training
- Semi-Private Training (1 : 4)
- Private Training (1 : 1)

All Sessions must be scheduled ONLINE in advance. If you are unable to attend a pre-scheduled session, please cancel 12 Hours in advance.

TRAIN TO WIN