

# 2009 FALL TRAINING SCHEDULE

**Velocity Sports Performance™**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>YOUTH</b> ages 5-7	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm		8:45-9:45am	
	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm		10:00-11:00am COMBO CLASSES	
<b>JUNIOR</b> ages 8-10	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm		8:45-9:45am	
	6:15-7:15pm	5:00-6:00pm 6:15-7:15pm	6:15-7:15pm	5:00-6:00pm 6:15-7:15pm		10:00-11:00am COMBO CLASSES	
<b>DEV 1</b> ages 11-13	5:15-6:45pm	5:15-6:15pm	5:15-6:45pm	5:15-6:15pm		11:15-12:45pm	
	7:00-8:30pm	6:15-7:15pm 7:30-8:30pm	7:00-8:30pm	6:15-7:15pm 7:30-8:30pm			
<b>DEV 2</b> ages 14-18	5:15-6:45pm	5:15-6:15pm	5:15-6:45pm	5:15-6:15pm		11:15-12:45pm	
	7:00-8:30pm	6:15-7:15pm 7:30-8:30pm	7:00-8:30pm	6:15-7:15pm 7:30-8:30pm			
<b>ADULTS</b>	5:45-6:45 am	5:45-6:45 am	5:45-6:45 am	5:45-6:45 am	5:45-6:45 am		
	7:00-8:00 am	7:00-8:00 am	7:00-8:00 am	7:00-8:00 am	7:00-8:00 am	8:45-9:45 am	
	9:00-10:00 am	9:00-10:00 am	9:00-10:00 am	9:00-10:00 am	9:00-10:00 am		
	12:00-1:00 pm	12:00-1:00 pm	12:00-1:00 pm	12:00-1:00 pm	12:00-1:00 pm	10:00-11:00am	
						3:30-4:30pm	
	4:00-5:00 pm	4:00-5:00 pm	4:00-5:00 pm	4:00-5:00 pm			
	5:00-6:00 pm		5:00-6:00 pm				
	6:15-7:15 pm	6:15-7:15 pm	6:15-7:15 pm	6:15-7:15 pm			

Effective August 24th

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