



August 31, 2009 - June 1, 2010

Group	Day	Class Time
Youth (Ages 8-9) 60 minute class	Monday - Friday	5:00pm to 6:00pm
	Saturday	10:00am to 11:00am
Junior (Ages 10-11) 60 minute class	Monday & Wednesday	4:00pm - 5:00pm
	Monday - Friday	5:30pm to 6:30pm
	Saturday	9:00am to 10:00am
Developmental 1 (Ages 12-14) 90 minute class	Monday - Friday	4:00pm to 5:30pm 5:30pm to 7:00pm
	Monday - Thursday	7:00pm to 8:30pm
	Saturday	9:00am to 10:30am 10:30am to 12:00pm
Developmental 2 Ages (15-18) 90 minute class	Monday - Friday	3:45pm to 5:15pm 5:15pm to 6:45pm
	Monday - Thursday	7:00pm to 8:30pm
	Saturday	9:00am to 10:30am 10:30am to 12:00pm
Adult Fitness 60 minute class	Monday - Friday	6am, 7am, 8am, 6pm
	Saturday	8am
Testing (All Ages)	Friday	6:30pm to 7:30pm

ONLINE SCHEDULING IS AVAILABLE

Velocity Sports Performance
 27615 Diehl Road
 Warrenville, IL 60555
 Phone 630-836-2203
www.velocitysp.com/naperville

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