



Youth Ages 8-11					
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
4:00 - 5:00	4:00 - 5:00 6:00 - 7:00	4:00 - 5:00	4:00 - 5:00 6:00 - 7:00		11:00 - 12:00

Developmental I Ages [Middle School]					
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:00 - 6:30 6:00 - 7:30	5:00 - 6:30 7:00 - 8:30	5:00 - 6:30 6:00 - 7:30	5:00 - 6:30 7:00 - 8:30		9:30 - 11:00 12:30 - 2:00*

Developmental II [High School]					
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
3:30 - 5:00 7:00 - 8:30	3:30 - 5:00 7:00 - 8:30	3:30 - 5:00 7:00 - 8:30	3:30 - 5:00 7:00 - 8:30		8:00 - 9:30 12:30 - 2:00*

Velocity Fitness					
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8:00 - 9:00 4:00 - 5:00 6:00 - 7:00	10:00 - 11:00 4:00 - 5:00 6:00 - 7:00	8:00 - 9:00 4:00 - 5:00 6:00 - 7:00	10:00 - 11:00 4:00 - 5:00 6:00 - 7:00	8:00 - 9:00	10:00 - 11:00

Regeneration / Recovery					
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
					12:30 - 1:30

Nike SPARQ Testing

- * Nike SPARQ Testing will be held the 3rd Saturday of every month
- * This monthly testing is only for New Velocity Trained Clients
- * Individual athletes have to be registered for the testing by a Velocity Sports Performance Representative

All Training Days/Times are subject to change

Velocity Sports Performance reserves the right to cancel any training session without notice

* Combination DI and DII training

Hours of Operation
Monday - Thursday 8:00 AM - 7:30 PM
Friday 8:00 AM - 5:00 PM
Saturday 8:00 AM - 2:00 PM

