



## NEW! Fall 2009 Training Schedule

Effective October 5, 2009

You MUST schedule your classes in advance.

Schedule online at [www.IneedVelocity.com](http://www.IneedVelocity.com) OR Call 650.654.4444 x10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Business Hours</b>	11:30a-8:30p	11:30a-8:30p	11:30a-8:30p	11:30a-8:30p	11:30a-6:45p	8:30a-2:30p

### STUDENT CLASSES (Please note changes in class names & age ranges)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Youth (ages 6-8)</b>			5:30-6:30p		5:45-6:45p	
<b>Junior (ages 9-11)</b>	4:00-5:00p	5:45-6:45p	4:00-5:00p	5:45-6:45p	5:45-6:45p	9:45-10:45a
<b>D1 (ages 12-14)</b>	7:00-8:30p	4:00-5:30p 7:00-8:30p	7:00-8:30p	4:00-5:30p 7:00-8:30p	4:00-5:30p	11:00a-12:30p
<b>D2 (ages 15+)</b>	7:00-8:30p	4:00-5:30p 7:00-8:30p	7:00-8:30p	4:00-5:30p 7:00-8:30p	4:00-5:30p	1:00p-2:30p

### ADULT CLASSES (Quick Fit adults may attend the first half hour of any Boot Camp class)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Boot Camp</b>						8:30-9:30a
Noon	12:00-1:00p	12:00-1:00p	12:00-1:00p	12:00-1:00p	12:00-1:00p	
Evening	5:45-6:45p 7:30-8:30p	5:45-6:45p	5:45-6:45p 7:30-8:30p	5:45-6:45p	5:45-6:45p	

### TEAM TRAINING - all ages, all sports

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Team Training</b>	Call to schedule a FREE training session for your team. Ask about ongoing team training - onsite or offsite.					

**Remember:** 24-hour cancellation policy.  
Tardy policy (must arrive within 15-min of class start for 90-min class, 10 min for 60-min class, 5 min for 30-min class).

Schedule subject to change

595A Industrial Road  
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[www.IneedVelocity.com](http://www.IneedVelocity.com)  
650.654.4444