



Effective August 31, 2009 - June 26, 2010

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Youth Grades 3 - 5</b>	4:00 - 5:00pm	4:00 - 5:00pm	4:00 - 5:00pm	4:00 - 5:00pm	4:00 - 5:00pm	11:00 - 12:00pm
	5:45 - 6:45pm	5:45 - 6:45pm	5:45 - 6:45pm	5:45 - 6:45pm	5:45 - 6:45pm	
<b>Developmental 1 Grades 6 - 8</b>	4:00 - 5:30pm	4:00 - 5:30pm	4:00 - 5:30pm	4:00 - 5:30pm	4:00 - 5:30pm	
	5:45 - 7:15pm	5:45 - 7:15pm	5:45 - 7:15pm	5:45 - 7:15pm	5:45 - 7:15pm	9:30 - 11:00am
	7:15 - 8:45pm	7:15 - 8:45pm	7:15 - 8:45pm	7:15 - 8:45pm		
<b>Developmental 2 Grades 9 - 12</b>	2:30 - 4:00pm	2:30 - 4:00pm	2:30 - 4:00pm	2:30 - 4:00pm	2:30 - 4:00pm	9:30 - 11:00am
	5:45 - 7:15pm	5:45 - 7:15pm	5:45 - 7:15pm	5:45 - 7:15pm	4:00 - 5:30pm	1:00 - 2:30pm
	7:15 - 8:45 pm	7:15 - 8:45pm	7:15 - 8:45pm	7:15 - 8:45pm	5:45 - 7:15pm	
<b>Adult Fitness</b>	6:00 - 7:00am	6:00 - 7:00am	6:00 - 7:00am	6:00 - 7:00am	6:00 - 7:00am	8:00 - 9:00am
		12:00 - 1:00 pm		12:00 - 1:00pm		
	7:30 - 8:30pm	7:30 - 8:30pm	7:30 - 8:30pm	7:30 - 8:30pm		
<b>Pro / Elite</b>	8:00 - 10:00am	8:00 - 10:00am	8:00 - 10:00am	8:00 - 10:00am	8:00 - 10:00am	8:00 - 10:00am
	2:00 - 4:00pm	2:00 - 4:00pm	2:00 - 4:00pm	2:00 - 4:00pm	2:00 - 4:00pm	2:00 - 4:00pm
<b>Testing &amp; Assessment</b>	5:30 - 7:00pm		5:30 - 7:00pm			12:00 - 1:30pm
	5:45 - 7:00pm		5:45 - 7:00pm			12:15 - 1:30pm