



## SUMMER 2008 TRAINING SCHEDULE

*Effective Monday, June 16th 2008 - Labor Day, September 1st 2008*

**Schedule Key**

**CA** - Completely Active  
**Adult** - Adult Fitness

**Performance:**

**HS** - High School Performance (Mass - Mass Building/Power) / (SAQ - Speed, Agility, Quickness)  
**MS** - Middle School Performance  
**YP** - Youth Performance  
**College** - College Performance  
**Team** - Team / Group Performance

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Adult F		Adult F			
7:00 AM							
8:00 AM	HS (MASS) Adult F College	HS (MASS) College	HS (MASS) Adult F College	HS (MASS) College	HS (MASS) Adult F College	Adult F	
9:00 AM	TEAM	Adult F TEAM	CA TEAM	Adult F TEAM	TEAM	HS	
10:00 AM	YP MS	YP MS	YP MS	YP MS	YP MS	E V E N T S	E V E N T S
11:00 AM	HS HS Adult P	HS HS - (SAQ) Adult P	HS HS	HS HS - (SAQ) Adult P	HS HS Adult P		
12:00 PM	Adult F	Adult F	Adult F	Adult F	Adult F		
1:00 PM	Open Open	Open Open	Open Open	Open Open	Open Open		
2:00 PM	Open Open	Open Open	Open Open	Open Open	MS HS	/	/
3:30 PM	CA TEAM	TEAM	TEAM	TEAM		P A R T I E S	P A R T I E S
4:30 PM	YP MS	YP MS	YP MS	YP MS			
5:30 PM	HS College	HS College	HS College	HS College			
6:30 PM	Adult Mix	Adult Mix	Adult Mix	Adult Mix			
7:30 PM	TEAM	TEAM	TEAM	TEAM			