

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	Next Generation Athlete Program 7:00-8:00AM	Next Generation Athlete Program 7:00-8:00AM	Next Generation Athlete Program 7:00-8:00AM	Next Generation Athlete Program 7:00-8:00AM		Next Generation Athlete Program 7:00-8:00AM
8:00	Next Generation Athlete Program 8:00-9:00AM	Next Generation Athlete Program 8:00-9:00AM	Next Generation Athlete Program 8:00-9:00AM	Next Generation Athlete Program 8:00-9:00AM		Next Generation Athlete Program 8:00-9:00AM
9:00						Next Generation Athlete Program 9:00-10:00AM
10:00	Next Generation Athlete Program 10:00-11:00AM	Next Generation Athlete Program 10:00-11:00AM	Next Generation Athlete Program 10:00-11:00AM	Next Generation Athlete Program 10:00-11:00AM		Next Generation Athlete Program 10:00-11:00AM
11:00	Next Generation Athlete Program 11:00-12:00PM	Next Generation Athlete Program 11:00-12:00PM	Next Generation Athlete Program 11:00-12:00PM	Next Generation Athlete Program 11:00-12:00PM		
12:00						
13:00						
14:00	Next Generation Athlete Program 2:00-3:00PM	Next Generation Athlete Program 2:00-3:00PM	Next Generation Athlete Program 2:00-3:00PM	Next Generation Athlete Program 2:00-3:00PM		
15:00	Next Generation Athlete Program 3:00-4:00PM	Next Generation Athlete Program 3:00-4:00PM	Next Generation Athlete Program 3:00-4:00PM	Next Generation Athlete Program 3:00-4:00PM		
16:00	Next Generation Athlete Program 4:00-5:00PM	Next Generation Athlete Program 4:00-5:00PM	Speed, Agility & Conditioning Program 4:00-5:00PM	Next Generation Athlete Program 4:00-5:00PM	Speed, Agility & Conditioning Program 4:00-5:00PM	
17:00	Next Generation Athlete Program 5:00-6:00PM	Next Generation Athlete Program 5:00-6:00PM	Speed, Agility & Conditioning Program 5:00-6:00PM	Next Generation Athlete Program 5:00-6:00PM	Speed, Agility & Conditioning Program 5:00-6:00PM	
18:00	Next Generation Athlete Program 6:00-7:00PM	Next Generation Athlete Program 6:00-7:00PM	Next Generation Athlete Program 6:00-7:00PM	Next Generation Athlete Program 6:00-7:00PM		
19:00	Next Generation Athlete Program 7:00-8:00PM	Next Generation Athlete Program 7:00-8:00PM	Next Generation Athlete Program 7:00-8:00PM	Next Generation Athlete Program 7:00-8:00PM		