

# *Winter Schedule*

**Sport Specific Classes & Evaluations  
Schedule Subject to Change - Effective January 1 2009**

Hours	Mon	Tues	Wed	Thurs	Fri	Hours	Sat	Sun
3:00-4:30	Strength, Speed, Combo	Strength, Speed, Combo	Strength, Speed, Combo	Strength, Speed, Combo	Strength, Speed, Combo			
3:00-4:00		Fast Football		Fast Football		9:30-11	Strength, Speed, Combo	
4:30-6	Strength, Speed, Combo	Strength, Speed, Combo	Strength, Speed, Combo	Strength, Speed, Combo	Strength, Speed, Combo			
4:00-5:00		Fast Football		Fast Football				
5:00-6:00		Fast Football		Fast Football				
6:00-7:30	Strength, Speed, Combo	Strength, Speed, Combo	Strength, Speed, Combo	Strength, Speed, Combo	Strength, Speed, Combo			
7:00:30-9	Strength, Speed, Combo	Strength, Speed, Combo	Strength, Speed, Combo	Strength, Speed, Combo				
8:00	<b>evaluations by appointment with joe</b>							
8:00								

*Fast football players who want lifting instruction to compliment their school routing they can stay after class or come at any combo class time*

*\*Please specify at the start of each class if you are doing the speed, strength or combo class*

*\* \*ALL CLASSES warm up together at designated times*

*\*We suggest you arrive 5-10 minutes before the start of your class. Any person that arrives 10 minutes or later than the start of the class must wait for the next class to begin.*