

Summer Schedule at the Performance Center

TIME	MONDAY	TUESDAY	Wednesday		THURSDAY	FRIDAY	
	Option 1	Option 1	Option 1	Option 2	Option 1	Option 1	Option 2
6:00 AM			Open Gym 6-7a			Open Gym 6-7a	
6:30 AM							
7:00 AM			Vertical Jump 1			Vertical Jump 1	
7:30 AM							
8:00 AM		Girls High School	Speed & Agility 1		Girls High School	Speed & Agility 1	
8:30 AM							
9:00 AM		Girls Middle School	Vertical Jump 2		Girls Middle School	Vertical Jump 2	
9:30 AM							
10:00 AM	Middle School Cond. M/Tu/Th	High School Conditioning	Speed & Agility 2		Middle School Cond.M/Tu/Th	Speed & Agility 2	
10:30 AM							
11:00 AM	Middle School Cond. M/Tu/Th	Middle School Cond. M/Tu/Th	Middle School Cond. W/Fri	High School Conditioning	Middle School Cond. M/Tu/Th	Middle School Cond. W/Fri	High School Conditioning
11:30 AM							
12:00 PM			Middle School Cond. M/Fri	High School Conditioning		Middle School Cond. W/Fri	High School Conditioning
12:30 PM							
1:00 PM	Open Gym 1-2p	Open Gym 1-2p	Open Gym 1-2p		Open Gym 1-2p	Open Gym 1-2p	
1:30 PM							