



Sports Performance Training

High School & Collegiate Athletes

API Sports Performance

Spring 2017 Feb. 27 - Jun. 16



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00pm- 4:30pm Strength Training	3:00pm- 4:30pm Strength Training	3:00pm- 4:30pm Strength Training	3:00pm- 4:30pm Strength Training	3:00pm- 4:30pm Strength Training	9:00am- 10:30am Strength Training
3:00pm- 4:30pm Speed Development	3:00pm- 4:30pm Speed Development	3:00pm- 4:30pm Speed Development	3:00pm- 4:30pm Speed Development	3:00pm- 4:30pm Speed Development	
4:30pm- 6:00pm Strength Training	4:30pm- 6:00pm Speed Development	4:30pm- 6:00pm Strength Training	4:30pm- 6:00pm Speed Development	4:30pm- 6:00pm Strength Training	
7:30pm- 9:00pm Strength Training	7:30pm- 9:00pm Speed Development	7:30pm- 9:00pm Strength Training			

Middle School Athletes

Each Middle School training session will consist of approximately 45 minutes strength training and 45 minutes Speed Development.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30pm- 6:00pm Strength & Speed Training	4:30pm- 6:00pm Strength & Speed Training	4:30pm- 6:00pm Strength & Speed Training	4:30pm- 6:00pm Strength & Speed Training	4:30pm- 6:00pm Strength & Speed Training	10:30am-12:00pm Strength & Speed Training
6:00pm- 7:30pm Strength & Speed Training	6:00pm- 7:30pm Strength & Speed Training		6:00pm- 7:30pm Strength & Speed Training		
7:30pm- 9:00pm Strength & Speed Training	7:30pm- 9:00pm Strength & Speed Training	7:30pm- 9:00pm Strength & Speed Training			

Junior Athletes

Ages 7 - 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00pm- 7:00pm Jr API	6:00pm- 7:00pm Jr API		6:00pm- 7:00pm Jr API		12:00pm- 1:00pm Jr API

API Sports Performance Classes will not be available Friday April 14- Sunday April 16 (Easter Break) and Saturday May 27- Monday May 29 (Memorial Day Weekend)

Saturday Classes will discontinue after Memorial Day until the Fall

**Class Schedule Subject to Change **