



Explosive Training Systems
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SPORTS PERFORMANCE TRAINING & ATHLETE DEVELOPMENT

NOV. & DEC. TRAINING SCHEDULE

DAY	TIME	CLASS
MONDAY	7:00PM – 8:00PM	Youth Development
	8:00 PM - 9:00 PM	7th- 8th Grade
	8:00 PM - 9:00 PM	High School
TUESDAY	7:00PM – 8:00PM	Youth Development
	8:00 PM - 9:00 PM	7 th - 8th Grade
	8:00 PM - 9:00 PM	High School
WEDNESDAY	7:00 PM - 8:30 PM	Youth Development
	8:00 PM - 9:00 PM	7 th – 8 th Grade
	8:00 PM - 9:00 PM	High School
THURSDAY	6:00 PM – 7:00 PM	Intro to Youth Dev.
	7:00 PM - 8:30 PM	Youth Development
	8:00 PM - 9:00 PM	7 th – 8 th Grade
	8:00 PM - 9:00 PM	High School
SATURDAY	9:00 AM – 10:00 AM	High School
	10:00 AM - 11:00 AM	Youth Development
	11:00 AM – 12:00 PM	Intro to Youth Dev.