

YOUTH CLASS SCHEDULE



GYM	MON	TUE	WED	THU	SUN
8:00 AM	-	-	-	-	KIDS (5-7 YRS)
9:00 AM	-	-	-	-	KIDS (8-10 YRS)
10:15 AM	-	-	-	-	PRE-TEENS
11:15 AM	-	-	-	-	TEENS
5:00 PM	PRE-TEENS	-	PRE-TEENS	PRE-TEENS	-
6:00 PM	TEENS	-	TEENS	TEENS	-

*Pre-Teens: Ages 11 to 13 Years Old

*Teens: Ages 14 - 18 Years Old

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