

# School Year Workout Schedule

| <u>Time</u> | <u>Monday</u>                 | <u>Tuesday</u>                | <u>Wednesday</u>              | <u>Thursday</u>               | <u>Friday</u>                 |
|-------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| 4:00        |                               |                               |                               |                               | Speed & Agility<br>12 & under |
| 5:00        | Speed & Agility<br>12 & under | Strength<br>12& under         | Speed & Agility<br>12 & under | Strength<br>12& under         | Strength<br>13 & older        |
| 6:00        | Speed & Agility<br>12 & under | Strength<br>12& under         | Speed & Agility<br>12 & under | Strength<br>12& under         |                               |
| 7:00        | Strength<br>13 & older        | Speed & Agility<br>13 & older | Strength<br>13 & older        | Speed & Agility<br>13 & older |                               |
| 8:00        | Strength<br>13 & older        | Speed & Agility<br>13 & older | Strength<br>13 & older        | Speed & Agility<br>13 & older |                               |

\*\*\* All Classes start at the top of the hour \*\*\*

For questions contact Mike DeVinney at [Miked@udtravelball.com](mailto:Miked@udtravelball.com)

**Call (321)421-7220**