

SUMMER SCHEDULE

SCHEDULE TRAINING TIME ON THE
MINDBODY CONNECT APP

ROOKIES (7-11 YEARS OLD)

M/W/F: 9:00-10:00 AM
MONDAY- THURSDAY:
5:30-6:30 PM
SATURDAY: 9-10 AM

DEVELOPMENTAL (12-15 YEARS OLD)

M/W/F: 10:30-11:30 AM
MONDAY-THURSDAY:
5:30-6:30 PM
TUESDAY/THURSDAY:
6:30-7:30 PM
SATURDAY: 10-11 AM

HIGH SCHOOL (15-18 YEARS OLD)

M/W/F: 11:30-12:45 PM
MONDAY-THURSDAY:
3:30-4:45 PM
TUESDAY/THURSDAY:
6:30-7:45 PM
SATURDAY: 11AM-12PM

COLLEGE

M/W/F: 8-9:30 AM

SPEED SCHOOL

SESSION #1 HIGH SCHOOL
M/W: 11 AM
SESSION #1 MIDDLE SCHOOL
M/W: 10 AM

ADULT CLASSES

M/W/F: 6:30-7:30 AM
MONDAY- FRIDAY:
8-9 AM
MONDAY-THURSDAY:
5:30-6:30 PM
TUESDAY/THURSDAY:
7-7:30 AM
SATURDAY: 8-9 AM

ADULT OPEN GYM

MONDAY-FRIDAY:
10 AM- 1PM
SATURDAY:
8 AM- 12 (NOON)



@teamctsp