



Athletes Acceleration Spring Training Schedule

March 2, 2020 - May 22, 2020

High School - March 2, 2020 - May 22, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	
4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM	
6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	

Middle School - March 2, 2020 - May 22, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30 PM	3:30 PM	3:30 PM	3:30 PM		
5:00 PM	5:00 PM	5:00 PM	5:00 PM		

Youth Training Schedule: Ages 7-10 (Monthly)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15 - 6:00 PM		5:15 - 6:00 PM		

Adult Training Schedule (Monthly)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 AM		5:30 AM		8:00 AM
6:30 AM	6:30 AM	6:30 AM	6:30 AM	6:30 AM	
8:30 AM	8:30 AM	8:30 AM	8:30 AM	8:30 AM	