



**SUMMER ATHLETE SCHEDULE |2026| 6/1 – 8/13**

**KEY DATES:**

**5/25** – Facility closed – Memorial Day

**6/29 – 7/4** - No Athlete Groups (Groups resume 7/6)

**8/17 – 8/28**– No Athlete Groups

**ATHLETES:**

**ELITE (Collegiate & Professional)**

10:15 a.m. – 12:15 p.m. | Monday – Thursday | (x 4 Day) **\$700.00**

**High School**

8:00 a.m. – 9:15 a.m. | **Monday – Thursday** | (x4 Day) **\$485.00**

1:00 p.m. – 2:15 p.m. | **Monday – Thursday** | (x4 Day) **\$485.00**

4:00 p.m. – 5:15 p.m. | **Monday – Thursday** | (x4 Day) **\$485.00**

**Youth Conditioning**

1:00 p.m. – 1:45 p.m. | **Tuesday & Thursday** | (x2 Day) **\$240.00**

**Middle School**

2:00 p.m. – 3:00 p.m. | **Monday - Thursday** | (x 4 Day) **\$450.00**

3:00 p.m. – 4:00 p.m. | **Monday - Thursday** | (x 4 Day) **\$450.00**

**TEAM AGREEMENTS:**

Our coaches will lead a program that features athletic based movements using both traditional and non-traditional strength methods, body weight exercises, balance drills, core stabilization, plyometric(s), agility and conditioning. **This option is for groups of ten or more people. Call us at 701-757-8900 for more information.**

