



TRAINING CLASS SCHEDULE

Summer 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOUTH TRAINING (3rd - 6th Grade, must be 8 years old)	10:00 am - 11:00 am 5:00 pm - 6:00 pm 6:00 pm - 7:00 pm	10:00 am - 11:00 am 5:00 pm - 6:00 pm 6:00 pm - 7:00 pm	10:00 am - 11:00 am 5:00 pm - 6:00 pm 6:00 pm - 7:00 pm	10:00 am - 11:00 am 5:00 pm - 6:00 pm 6:00 pm - 7:00 pm	CLOSED	9:00 am - 10:00 am
JUNIOR VARSITY SPEED & AGILITY TRAINING (7th and 8th Grade)	11:00 am - Noon 5:00 pm - 6:00 pm 7:00 pm - 8:00 pm	11:00 am - Noon 5:00 pm - 6:00 pm 7:00 pm - 8:00 pm	11:00 am - Noon 5:00 pm - 6:00 pm 7:00 pm - 8:00 pm	11:00 am - Noon 5:00 pm - 6:00 pm 7:00 pm - 8:00 pm	CLOSED	10:00 am - 11:00 am
VARSITY SPEED & AGILITY TRAINING (9th - 12th Grade)	Noon - 1:00pm 6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	Noon - 1:00pm 6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	Noon - 1:00pm 6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	Noon - 1:00pm 6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	CLOSED	11:00 am - Noon
ELITE TRAINING (COLLEGE & PRO)	10:00 am - Noon	10:00 am - Noon	10:00 am - Noon	10:00 am - Noon	CLOSED	
FOOTBALL TRAINING (classes end 7/28/10)	4:00 pm - 5:00 pm 8:00 pm - 9:00 pm		4:00 pm - 5:00 pm 8:00 pm - 9:00 pm		CLOSED	
BASKETBALL TRAINING (classes begin 7/7/10)	4:00 pm - 5:00 pm 5:00 pm - 6:00 pm		4:00 pm - 5:00 pm 5:00 pm - 6:00 pm		CLOSED	
RUSH HOUR Fitness Fitness Training for ADULTS	4:00 pm - 5:00 pm 6:00 pm - 7:00 pm		4:00 pm - 5:00 pm 6:00 pm - 7:00 pm	4:00 pm - 5:00 pm 6:00 pm - 7:00 pm	CLOSED	

www.YouJustTurnedPro.com

ADRENALINE ATHLETIC TRAINING

(EFFECTIVE 6/14/10)

827-A Palmyrita Ave. Riverside, CA 92507

(951) 686-8881

HOURS: M - Th. 10am - 9pm, Sat. 9am - 1pm, Closed on Fridays