



# TRAINING CLASS SCHEDULE

Winter 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>YOUTH TRAINING</b> (3rd - 6th Grade, must be 8 years old)	5:00 pm - 6:00 pm 6:00 pm - 7:00 pm	5:00 pm - 6:00 pm 6:00 pm - 7:00 pm	5:00 pm - 6:00 pm 6:00 pm - 7:00 pm	5:00 pm - 6:00 pm 6:00 pm - 7:00 pm	5:00 pm - 6:00 pm	10:00 am - 11:00 am
<b>JUNIOR VARSITY SPEED &amp; AGILITY TRAINING</b> (7th and 8th Grade)	5:00 pm - 6:00 pm 7:00 pm - 8:00 pm	5:00 pm - 6:00 pm 7:00 pm - 8:00 pm	5:00 pm - 6:00 pm 7:00 pm - 8:00 pm	5:00 pm - 6:00 pm 7:00 pm - 8:00 pm	6:00 pm - 7:00 pm	11:00 am - Noon
<b>VARSITY SPEED &amp; AGILITY TRAINING</b> (9th - 12th Grade)	6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	7:00 pm - 8:00 pm	Noon - 1:00 pm
<b>ELITE TRAINING</b> (COLLEGE & PRO)	Noon - 2:00 pm	Noon - 2:00 pm		Noon - 2:00 pm	Noon - 2:00 pm	
<b>FOOTBALL TRAINING with Leonard Russell</b>	4:00 pm - 5:00 pm		4:00 pm - 5:00 pm			
<b>RUSH HOUR Fitness</b> Fitness Training for ADULTS	5:00 am - 6:00 am 6:00 am - 7:00 am 4:00 pm - 5:00 pm		5:00 am - 6:00 am 6:00 am - 7:00 am 4:00 pm - 5:00 pm			<b>FREE Classes</b> 10:00 am - 11:00 am 11:00 am - Noon Noon - 1:00 pm

[www.YouJustTurnedPro.com](http://www.YouJustTurnedPro.com)

**ADRENALINE ATHLETIC TRAINING**

(EFFECTIVE 3/1/10)

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