



SUMMER TRAINING SCHEDULE 2008

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOUTH TRAINING (AGES 8-11)	11:00 am - 12:00 pm 5:00 pm - 6:00 pm 6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	11:00 am - 12:00 pm 6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	11:00 am - 12:00 pm 5:00 pm - 6:00 pm 6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	11:00 am - 12:00 pm 6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	11:00 am - 12:00 pm 5:00 pm - 6:00 pm 6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	11:00 am - 12:00 pm
JUNIOR VARSITY SPEED & AGILITY TRAINING (AGES 12-15)	3:00 pm - 4:00 pm 4:00 pm - 5:00 pm 5:00 pm - 6:00 pm	3:00 pm - 4:00 pm 4:00 pm - 5:00 pm 5:00 pm - 6:00 pm	3:00 pm - 4:00 pm 4:00 pm - 5:00 pm 5:00 pm - 6:00 pm	3:00 pm - 4:00 pm 4:00 pm - 5:00 pm 5:00 pm - 6:00 pm	3:00 pm - 4:00 pm 4:00 pm - 5:00 pm 5:00 pm - 6:00 pm	1:00 pm - 2:00 pm
VARSITY SPEED & AGILITY TRAINING (AGES 16-18)	1:00 pm - 2:00 pm 2:00 pm - 3:00 pm 6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	1:00 pm - 2:00 pm 2:00 pm - 3:00 pm 6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	1:00 pm - 2:00 pm 2:00 pm - 3:00 pm 6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	1:00 pm - 2:00 pm 2:00 pm - 3:00 pm 6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	1:00 pm - 2:00 pm 2:00 pm - 3:00 pm 7:00 pm - 8:00 pm	3:00 pm - 4:00 pm
ELITE SPEED & AGILITY TRAINING (COLLEGE & PRO)	10:00 am - 12:00 pm	10:00 am - 12:00 pm	10:00 am - 12:00 pm	10:00 am - 12:00 pm	10:00 am - 12:00 pm	
PLYOMETRIC TRAINING	4:00 pm - 5:00 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		
INTRO TO STRENGTH & POWER TRAINING	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	4:00 pm - 5:00 pm 6:00 pm - 7:00 pm	4:00 pm - 5:00 pm	
ADVANCED PLYOMETRIC TRAINING (invite only)					5:00 pm - 6:00 pm	
OVERSPEED TRAINING (invite only)					6:00 pm - 7:30 pm	
PERFORMANCE TESTING			4:00-5:00 pm 8:00-9:00 pm			10:00 am - 11:00 am 12:00 pm - 1:00 pm 2:00 pm - 3:00 pm

www.YouJustTurnedPro.com

ADRENALINE ATHLETIC TRAINING
827-A Palmyrita Ave. Riverside, CA 92507
(951) 686-8881

effective 6/16/08

