

TEAM TRAINING SCHEDULE



JR GLADIATOR

MORNING

AFTERNOON / EVENING

MON

TUE

WED

THU

FRI

SAT

10:30
CAESAR



SUN

MORNING

5:00
CAESAR



5:00
CAESAR



RESERVATIONS REQUIRED FOR ALL CLASSES

TEAM TRAINING SCHEDULE



CLASS DESCRIPTIONS

JR GLADIATORS



The JR Gladiators program is for children ages 6-12 years old. This class will help develop basic fundamentals in athletics, overall strength and health. Our JR Gladiator is fit for all kids looking to bring out the athlete within them! We offer everything your child will need for speed, agility, and team building skills. Bring your child in to help not only keep them active, but help them learn training skills they need to succeed in the future!

JR GLADIATORS