

TRAIN HARDER

EXPLOSION

EXPLOSION FITNESS SOLUTIONS



HS High School (Over 13)

MS Middle School (Under 14)

BC Adult Boot Camp

STR Strength Training

SA Speed & Agility

AS Advanced Speed *App Only

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:30 BC		10:30 BC		9:00 BC
3:00 HS STR	3:00 HS SA	3:00 HS STR	3:00 HS SA	3:00 HS STR	9:00 HS/MS SA
4:00 HS STR		4:00 HS STR		4:00 HS STR	10:00 HS/MS STR
5:00 MS STR	5:00 MS STR	5:00 MS SA	5:00 MS STR	5:00 MS SA	11:00 ADV. SA
	5:00 HS SA		5:00 HS SA	5:00 HS STR	
6:00 MS SA	6:00 MS SA	6:00 MS STR		6:00 MS STR	
6:00 BC			6:00 BC		
7:00 HS STR		7:00 HS STR			