



Weekly Training Schedule Fall 2018

Naples, FL 239-537-1919

STARTS August 15th

Fundamentals (4th-5th grade)

<u>Monday</u> 5:00-6:15	<u>Tuesday</u> 5:00-6:15	<u>Wednesday</u>	<u>Thursday</u> 5:00-6:15	<u>Friday</u>	<u>Saturday</u>
----------------------------	-----------------------------	------------------	------------------------------	---------------	-----------------

Competitive Performance (Middle School)

<u>Monday</u> 5:00-6:15	<u>Tuesday</u> 5:00-6:15	<u>Wednesday</u>	<u>Thursday</u> 5:00-6:15	<u>Friday</u>	<u>Saturday</u> 10:00 - 11:00
----------------------------	-----------------------------	------------------	------------------------------	---------------	----------------------------------

Elite Performance (ages 15-18)

<u>Monday</u> 3:30 - 5	<u>Tuesday</u> 3:30 - 5	<u>Wednesday</u> 3:30 - 5	<u>Thursday</u> 3:30 - 5	<u>Friday</u>	<u>Saturday</u> 10:00 - 11:00
---------------------------	----------------------------	------------------------------	-----------------------------	---------------	----------------------------------

Athletic Sculpt (Adults)

<u>Monday</u> Mornings	<u>Tuesday</u> Mornings	<u>Wednesday</u> Mornings	<u>Thursday</u> Mornings	<u>Friday</u> Mornings	<u>Saturday</u>
---------------------------	----------------------------	------------------------------	-----------------------------	---------------------------	-----------------

All Training Days/Times are subject to change

TAP reserves the right to cancel any training session without notice

* Combo Competitive & Elite Training Sessions

Hours of Operation

Monday - Thursday 8:00 AM - 7:00 PM

Friday 8:00 AM - 12:30 PM

Saturday 10:00 AM - 11:00 AM