



## Performance Training Weekly Schedule Winter 2016-2017

(November 28<sup>th</sup> 2016– March 3<sup>rd</sup> 2017)

**MUST CALL or EMAIL  
TO SCHEDULE SESSION**

### 9-11 year old Performance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
5:00pm	5:00pm	5:00pm	5:00pm	5:00pm	8:00am
6:00pm	6:00pm	6:00pm	6:00pm		

### 12-14 year old Performance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
5:00pm	5:00pm	5:00pm	5:00pm	5:00pm	9:00am
6:00pm	6:00pm	6:00pm	6:00pm		

### 15 years old + Performance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:15pm		3:15pm		3:15pm
7:00pm	7:00pm	7:00pm	7:00pm	

### Youth Fitness – Non Athlete (9-15yrs old)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:15pm		4:15pm		4:15pm

Check out CATZ of Long Island on    for facility news and events.