

CLASS SCHEDULE

SPEED TRAINING - Form Running, Linear Mechanics and Plyometric Training

AGILITY TRAINING - Stability, Balance, Body Awareness and Lateral Movement Training

LIFTING & FUNCTIONAL MOVEMENT TRAINING - Core, Functional Movement, Strength and Power Training



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Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Start Time	Saturday
3:30>	Resistance Training	Resistance Training	Resistance Training	Resistance Training	Initial Eval & FMS Bookings	10:00>	Resistance Training
4:00>						10:30>	
4:30>	TBD	TBD	TBD	TBD	Initial Eval & FMS Bookings	11:00>	Agility 10:00
5:00>						11:30>	Agility 11:00
5:30>	Initial Eval & FMS Bookings	Speed 5:30	Agility 5:30	Speed 5:30	Initial Eval & FMS Bookings	Noon>	YA
6:00>						12:30>	TBD
6:30>	Initial Eval & FMS Bookings	YA	TBD	YA	Initial Eval & FMS Bookings	1:00>	
7:00>							
7:30>	Initial Eval & FMS Bookings				Initial Eval & FMS Bookings		
8:00 >							

	Beginner
	Advanced
	Young Athlete
	Open lift times