

# VARSITY HOUSE GYM

# ATHLETE SCHEDULE

SMALL GROUP PERSONAL TRAINING

## SPRING TRAINING BLOCK

March 2, 2020 – May 31, 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Saturday			
3:30	FEMALE HIGH SCHOOL Training	FEMALE HIGH SCHOOL Game Speed	MALE JUNIOR Training	FEMALE HIGH SCHOOL Training	FEMALE HIGH SCHOOL Game Speed	MALE JUNIOR Training	10:00	MALE/FEMALE HIGH SCHOOL Open Gym (10am-12pm)
4:30	MALE HIGH SCHOOL Training	MALE HIGH SCHOOL Game Speed		MALE HIGH SCHOOL Training	MALE HIGH SCHOOL Training		11:00	MALE JUNIOR Game Speed
5:30	MALE JUNIOR Training	FEMALE JUNIOR Training			MALE JUNIOR Training	FEMALE JUNIOR Training		
6:30	FEMALE HIGH SCHOOL Training				FEMALE HIGH SCHOOL Training			
7:30	MALE HIGH SCHOOL Training				MALE HIGH SCHOOL Training			

### Spring Block Class Cancellations:

5/25 Memorial Day – Gym Closed

Varsity House Gym is a private training facility. Please call to make an appointment before arriving at the facility.

All athletes must perform an evaluation session with one of our coaches before entering a group class.

A parent **MUST** be present during all evaluation sessions.



[www.varsityhousegym.com](http://www.varsityhousegym.com)

337 Blaisdell Road, Orangeburg, NY 10962 | 201.767.1305 | info@varsityhousegym.com