



SCHEDULE 2011-2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-10a					
10-11a					
11-12a					
12-1p	Tornado Training	Tornado Training	Tornado Training	Tornado Training	Tornado Training
1-2p					
2-3p					
3-4p	Power	Power	Power	Power	Power
4-5p	Speed	Speed	Speed	Speed	Speed
5-6p					
6-7p	Tornado Training	Tornado Training	Tornado Training	Tornado Training	
7-8p	Power	Power	Power	Power	
8-9p	Speed	Speed	Speed	Speed	

Power Training = Focuses on strength and power development

Speed Training = Focuses on speed and conditioning

For More Information or to Train, Contact Mike Bouchard at
(203) 269 - 1410 or Email info@mbsprts.com