

Half Day Schedule

9:15AM-9:30AM – Warm-up

9:30AM-10:30AM – 1st hour of drilling in a group up to 4 people

10:30AM-11:30AM – 2nd hour of drilling in a group up to 4 people

11:30AM-12:15PM – Fitness or Mental Conditioning (alternates days)

***Students enroll on a weekly or multi-week basis. Lunch is not included in the Half Day Program.**