Speed & Agility Class Schedule

Tuesday & Thursdays @ 5:30pm

Saturdays @ 12pm

***Please contact us before showing up for a class. Thank you!**

Speed & Agility Membership Pricing

3 packages - $70 per/package
- 12 instructional day pass

3 packages - $50 per/package
- 8 instructional day pass

Family & group pricing avaliable upon request

Please check out of Sport Performance program also!