

KANSAS CITY ATHLETE TRAINING GROUP CLASS SCHEDULE

CLASSES ARE OPEN TO BOTH BOYS AND GIRLS FROM ANY SPORT OR TEAM OR LEAGUE

SPEED CLASS	The LIGHT BLUE CLASSES BELOW indicate our introductory speed and agility class. It is open to all athletes, boys and girls. We recommend all athletes in 4th Grade or below attend the early class. Smaller class sizes allows the instructors to work with the athlete on form at a developmental pace.				Personal Training Core/Strength Speed & Agility Call For Times
ELITE TRAINING	The ORANGE COLOR CLASSES BELOW indicate our elite speed and agility class. It is open to all athletes, boys and girls. We recommend all athletes in 5th Grade or higher to attend the later classes. These classes are taught at an escalated rate to help prepare our older athletes for their upcoming sports season.				SATURDAY
FOOTBALL CLASS	The PURPLE COLOR classes indicate a football specific class... we recommend all attendees who are in 8th Grade or higher to attend these classes. These classes are taught at an escalated rate to help prepare our older attendees for their upcoming season.				SPEED CLASS/AGILITY Younger Ages 10:00am - 11:00am (1 hr) \$10.00
Jim Tuso - Facility Director / Lead Instructor Keusi 'Coach K' Pannell - Lead Instructor Michael Rose-Ivey - Lead Instructor					ELITE SPEED CLASS Grades 5th & Older 11:00am - 12:30pm (1.5 hr) \$15.00
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
SPEED CLASS/AGILITY Younger Ages 6:15pm - 7:15pm (1 hr) \$10.00	FOOTBALL CLASS DL/OLB 6:15pm - 7:15pm (1 hr) \$15.00	SPEED CLASS/AGILITY Younger Ages 6:15pm - 7:15pm (1 hr) \$10.00	FOOTBALL CLASS DL/OLB 6:15pm - 7:15pm (1 hr) \$15.00	COMBINE PREP ELITE CLASS 6:15pm - 7:15pm (1 hr) \$15.00	FOOTBALL CLASS DL/OLB 6:15pm - 7:15pm (1 hr) \$15.00
ELITE SPEED CLASS Grades 5th & Older 7:15pm - 8:45pm (1.5 hr) \$15.00	FOOTBALL CLASS DB/LB 7:15pm - 8:15pm (1 hr) \$15.00	ELITE SPEED CLASS Grades 5th & Older 7:15pm - 8:45pm (1.5 hr) \$15.00	FOOTBALL CLASS DB/LB 7:15pm - 8:15pm (1 hr) \$15.00	ANOTHER CLASS COMING SOON	FOOTBALL CLASS DB/LB 7:15pm - 8:15pm (1 hr) \$15.00

**KANSAS CITY ATHLETE TRAINING FACILITY IS LOCATED IN THE EAST BOTTOMS OF KANSAS CITY
CHANGES AND UPDATES WILL BE POSTED ON OUR WEBSITE AND FACEBOOK PAGE
ON FACEBOOK & INSTAGRAM @ KansasCityAthleteTraining - Twitter @kcathlete**

PLEASE VISIT OUR WEBSITE - www.KCathletics.com FOR MORE INFORMATION

LOCATION - 735 North Chestnut Ave., Kansas City Missouri 64120