

# KANSAS CITY ATHLETE TRAINING GROUP CLASS SCHEDULE

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

<b>SPEED CLASS</b>	The <b>LIGHT BLUE CLASSES BELOW</b> 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.				<b>Personal Training Core/Strength Speed &amp; Agility Call For Times</b>
<b>ELITE TRAINING</b>	The <b>ORANGE COLOR CLASSES BELOW</b> 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.				<b>SATURDAY</b>
<b>FOOTBALL CLASS</b>	The <b>PURPLE COLOR classes</b> 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.				<b>SPEED CLASS/AGILITY Younger Ages 10:00am - 11:00am (1 hr) \$10.00</b>
<b>Jim Tuso - Facility Director / Lead Instructor</b> <b>Keusi 'Coach K' Pannell - Lead Instructor</b> <b>Rose-Ivey - Lead Instructor</b>		<b>UNLIMITED MONTHLY PLANS</b> \$95.00 Speed & Agility Only \$130.00 All Group Classes		<b>ELITE SPEED CLASS Grades 5th &amp; Older 11:00am - 12:30pm (1.5 hr) \$15.00</b>	
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
<b>SPEED CLASS/AGILITY Younger Ages 6:15pm - 7:15pm (1 hr) \$10.00</b>	<b>FOOTBALL CLASS DL/OLB &amp; OL 6:15pm - 7:15pm (1 hr) \$15.00</b>	<b>SPEED CLASS/AGILITY Younger Ages 6:15pm - 7:15pm (1 hr) \$10.00</b>	<b>FOOTBALL CLASS DL/OLB 6:15pm - 7:15pm (1 hr) \$15.00</b>	<b>FOOTBALL CLASS Quarterbacks 6:00pm - 7:00pm (1 hr) \$15.00</b>	<b>FOOTBALL CLASS DL/OLB &amp; OLine 1:00pm - 2:00pm (1 hr) \$15.00</b>
<b>ELITE SPEED CLASS Grades 5th &amp; Older 7:15pm - 8:45pm (1.5 hr) \$15.00</b>	<b>FOOTBALL CLASS DB/LB &amp; Off. Skills 7:15pm - 8:15pm (1 hr) \$15.00</b>	<b>ELITE SPEED CLASS Grades 5th &amp; Older 7:15pm - 8:45pm (1.5 hr) \$15.00</b>	<b>FOOTBALL CLASS DB/LB 7:15pm - 8:15pm (1 hr) \$15.00</b>	<b>COMBINE PREP ALL AGES 7:00pm - 8:00pm (1 hr) \$15.00</b>	<b>FOOTBALL CLASS DB/LB &amp; Off Skills 2:00pm - 3:00pm (1 hr) \$15.00</b>

**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](http://www.KCathletics.com) FOR MORE INFORMATION**

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