

Xtreme Strength and Sports Performance

School Hours:

School schedule will start September 3rd! We will be closed August 24th-September 2nd!

Monday:

- 5:30 AM - 6:45 AM High School/Middle School Sports Performance
- 1:30 PM - 2:45 PM High School Sports Performance (HS out early)
- 3:15 PM - 4:30 PM High School Sports Performance
- 4:30 PM - 5:45 PM Middle School Sports Performance
- 5:45 PM - 6:30 PM Youth Fundamentals

Tuesday:

- 3:15 PM - 4:30 PM High School Sports Performance
- 4:30 PM - 5:45 PM Middle School/High School Sports Performance

Wednesday:

- 5:30 AM - 6:45 AM High School/Middle School Sports Performance
- 1:30 PM - 2:45 PM High School Sports Performance (HS out early)
- 3:15 PM - 4:30 PM High School Sports Performance
- 4:30 PM - 5:45 PM Middle School Sports Performance
- 5:45 PM - 6:30 PM Youth Fundamentals

Thursday:

- 3:15 PM - 4:30 PM High School Sports Performance
- 4:30 PM - 5:45 PM Middle School/High School Sports Performance

Friday:

- 5:30 AM - 6:45 AM High School/Middle School Sports Performance
- 1:30 PM - 2:45 PM High School Sports Performance (HS out early)
- 3:15 PM - 4:30 PM High School/Middle School Sports Performance

Saturday:

- 9:00 AM High School Sports Performance/Middle School Sports Performance

Pricing:

High School/Middle School Sports Performance

Memberships:

- \$125 Monthly Unlimited Membership
- \$105 3-Days a week Monthly Membership
- \$85 2-Days a week Monthly Membership

Punch Cards:

- \$110 for 10 sessions
- \$190 for 20 sessions

Youth Fundamentals

Memberships:

- \$80 Monthly Unlimited Membership

Punch Cards:

- \$110 for 10 sessions

