

WEEKLY TRAINING SCHEDULE

MASTERY 6-7

YOUR ELIGIBLE WEEKLY TRAINING OPTIONS.

CLASS ACCESS

CLASS ACCESS IS BASED ON YOUR ATHLETE'S ASSIGNED TECHNICAL LEVEL.
BOOK ONLY WITHIN THAT LEVEL.

Questions about your athlete's level? Contact our office: 725-314-0833

MON	4:30 PM1000 TOUCH LAB / IVI FOUNDATIONS LAB ALTERNATES WEEKLY	
TUE	4:30 PMMIDFIELDER / DEFENDER CLINIC ALTERNATES WEEKLY	5:30 PM MASTERY 6-7
WED	NO CLASSES	
THU	4:30 PMSTRIKING FOUNDATIONS ALTERNATES WEEKLY	
FRI	4:30 PM4V4 OPEN PLAY	5:30 PM MASTERY 6-7
SAT	NO CLASSES	
SUN	9:30 AM4V4 OPEN PLAY	10:30 AM MASTERY 6-7

TIMES SHOWN ARE CLASS START TIMES.

EXACT AVAILABILITY AND BOOKING
IN THE INVICTUS SOCCER APP.

WEEKLY TRAINING SCHEDULE

MASTERY 8-9

YOUR ELIGIBLE WEEKLY TRAINING OPTIONS.

CLASS ACCESS

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MON	5:30 PM STRENGTH, SPEED & AGILITY	6:30 PM MASTERY STRIKING & FINISHING
TUE	4:30 PM MIDFIELDER / DEFENDER CLINIC ALTERNATES WEEKLY	5:30 PM MASTERY 8-9
	6:30 PM FUTSAL MASTERY	6:30 PM MASTERY STRIKING & FINISHING
		6:30 PM STRENGTH, SPEED & AGILITY
WED	5:30 PM STRENGTH, SPEED & AGILITY	6:30 PM MIDFIELDER / DEFENDER CLINIC ALTERNATES WEEKLY
THU	NO CLASSES	
FRI	4:30 PM FUTSAL MASTERY	5:30 PM MASTERY 8-9
		6:30 PM MIDFIELDER / DEFENDER CLINIC ALTERNATES WEEKLY
SAT	NO CLASSES	
SUN	9:30 AM MASTERY STRIKING & FINISHING	9:30 AM STRENGTH, SPEED & AGILITY
		10:30 AM MASTERY 8-9

TIMES SHOWN ARE CLASS START TIMES.

EXACT AVAILABILITY AND BOOKING
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WEEKLY TRAINING SCHEDULE

MASTERY 10-11

YOUR ELIGIBLE WEEKLY TRAINING OPTIONS.

CLASS ACCESS

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MON	5:30 PM STRENGTH, SPEED & AGILITY	6:30 PM MASTERY STRIKING & FINISHING
TUE	4:30 PM FUTSAL MASTERY	5:30 PM MASTERY 10-11
	6:30 PM MASTERY STRIKING & FINISHING	6:30 PM STRENGTH, SPEED & AGILITY
WED	5:30 PM STRENGTH, SPEED & AGILITY	6:30 PM MIDFIELDER / DEFENDER CLINIC ALTERNATES WEEKLY
THU	NO CLASSES	
FRI	4:30 PM FUTSAL MASTERY	5:30 PM MASTERY 10-11
		6:30 PM MIDFIELDER / DEFENDER CLINIC ALTERNATES WEEKLY
SAT	NO CLASSES	
SUN	9:30 AM STRENGTH, SPEED & AGILITY	10:30 AM MASTERY 10-11
		11:30 AM MASTERY STRIKING & FINISHING

TIMES SHOWN ARE CLASS START TIMES.

EXACT AVAILABILITY AND BOOKING
IN THE INVICTUS SOCCER APP.

WEEKLY TRAINING SCHEDULE

MASTERY 12-13

YOUR ELIGIBLE WEEKLY TRAINING OPTIONS.

CLASS ACCESS

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BOOK ONLY WITHIN THAT LEVEL.

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MON	4:30 PM MASTERY STRIKING & FINISHING	5:30 PM STRENGTH, SPEED & AGILITY
TUE	4:30 PM MASTERY STRIKING & FINISHING	5:30 PM MASTERY 12-13 5:30 PM STRENGTH, SPEED & AGILITY
WED	4:30 PM MIDFIELDER / DEFENDER CLINIC ALTERNATES WEEKLY	5:30 PM STRENGTH, SPEED & AGILITY
THU	NO CLASSES	
FRI	5:30 PM MASTERY 12-13	6:30 PM MIDFIELDER / DEFENDER CLINIC ALTERNATES WEEKLY
SAT	NO CLASSES	
SUN	10:30 AM MASTERY 12-13	11:30 AM MASTERY STRIKING & FINISHING

TIMES SHOWN ARE CLASS START TIMES.

EXACT AVAILABILITY AND BOOKING
IN THE INVICTUS SOCCER APP.

WEEKLY TRAINING SCHEDULE

MASTERY 14-15

YOUR ELIGIBLE WEEKLY TRAINING OPTIONS.

CLASS ACCESS

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BOOK ONLY WITHIN THAT LEVEL.

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MON	4:30 PM MASTERY STRIKING & FINISHING	5:30 PM STRENGTH, SPEED & AGILITY	
TUE	4:30 PM FUTSAL MASTERY	5:30 PM TECHNICAL MASTERY 14-15	6:30 PM MIDFIELDER / DEFENDER CLINIC ALTERNATES WEEKLY
WED	5:30 PM STRENGTH, SPEED & AGILITY	6:30 PM MASTERY STRIKING & FINISHING	
THU	NO CLASSES		
FRI	4:30 PM FUTSAL MASTERY	5:30 PM TECHNICAL MASTERY 14-15	6:30 PM MIDFIELDER / DEFENDER CLINIC ALTERNATES WEEKLY
SAT	NO CLASSES		
SUN	9:30 AM STRENGTH, SPEED & AGILITY	10:30 AM TECHNICAL MASTERY 14-15	11:30 AM MASTERY STRIKING & FINISHING

TIMES SHOWN ARE CLASS START TIMES.

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WEEKLY TRAINING SCHEDULE

COLLEGE PREP

YOUR ELIGIBLE WEEKLY TRAINING OPTIONS.

CLASS ACCESS

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MON	5:30 PM STRENGTH, SPEED & AGILITY		
TUE	4:30 PM COLLEGE PREP	4:30 PM MASTERY STRIKING & FINISHING	5:30 PM STRENGTH, SPEED & AGILITY
WED	5:30 PM STRENGTH, SPEED & AGILITY		
THU	NO CLASSES		
FRI	4:30 PM COLLEGE PREP		
SAT	NO CLASSES		
SUN	9:30 AM COLLEGE PREP	11:30 AM MASTERY STRIKING & FINISHING	

TIMES SHOWN ARE CLASS START TIMES.

EXACT AVAILABILITY AND BOOKING
IN THE INVICTUS SOCCER APP.