

WEEKLY TRAINING SCHEDULE

FOUNDATIONS 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 PM

1000 TOUCH LAB / 1V1 FOUNDATIONS LAB

ALTERNATES WEEKLY

5:30 PM

FOUNDATIONS 6-7

TUE

NO CLASSES

WED

4:30 PM

4V4 OPEN PLAY

5:30 PM

FOUNDATIONS 6-7

THU

4:30 PM

STRIKING FOUNDATIONS

ALTERNATES WEEKLY

5:30 PM

FOUNDATIONS 6-7

FRI

NO CLASSES

SAT

10:30 AM

FOUNDATIONS 6-7

SUN

11:30 AM

FOUNDATIONS 6-7

TIMES SHOWN ARE CLASS START TIMES.

EXACT AVAILABILITY AND BOOKING
IN THE INVICTUS SOCCER APP.

WEEKLY TRAINING SCHEDULE

FOUNDATIONS 8-9

YOUR ELIGIBLE WEEKLY TRAINING OPTIONS.

CLASS ACCESS

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MON	4:30 PM 1000 TOUCH LAB / 1V1 FOUNDATIONS LAB ALTERNATES WEEKLY	5:30 PM FOUNDATIONS 8-9	5:30 PM STRENGTH, SPEED & AGILITY
TUE	6:30 PM STRENGTH, SPEED & AGILITY		
WED	4:30 PM 4V4 OPEN PLAY	5:30 PM FOUNDATIONS 8-9	5:30 PM STRENGTH, SPEED & AGILITY
THU	4:30 PM STRIKING FOUNDATIONS ALTERNATES WEEKLY	5:30 PM FOUNDATIONS 8-9	
FRI	NO CLASSES		
SAT	10:30 AM FOUNDATIONS 8-9		
SUN	9:30 AM STRENGTH, SPEED & AGILITY	11:30 AM FOUNDATIONS 8-9	

TIMES SHOWN ARE CLASS START TIMES.

EXACT AVAILABILITY AND BOOKING
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WEEKLY TRAINING SCHEDULE

FOUNDATIONS 10-11

YOUR ELIGIBLE WEEKLY TRAINING OPTIONS.

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MON	5:30 PM FOUNDATIONS 10-11	5:30 PM STRENGTH, SPEED & AGILITY	6:30 PM 4V4 OPEN PLAY
TUE	6:30 PM STRENGTH, SPEED & AGILITY		
WED	5:30 PM FOUNDATIONS 10-11	5:30 PM STRENGTH, SPEED & AGILITY	6:30 PM 4V4 OPEN PLAY
THU	4:30 PM STRIKING FOUNDATIONS ALTERNATES WEEKLY	5:30 PM FOUNDATIONS 10-11	
FRI	NO CLASSES		
SAT	10:30 AM FOUNDATIONS 10-11		
SUN	9:30 AM STRENGTH, SPEED & AGILITY	11:30 AM FOUNDATIONS 10-11	

TIMES SHOWN ARE CLASS START TIMES.

EXACT AVAILABILITY AND BOOKING
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WEEKLY TRAINING SCHEDULE

FOUNDATIONS 12-13

YOUR ELIGIBLE WEEKLY TRAINING OPTIONS.

CLASS ACCESS

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MON	5:30 PM FOUNDATIONS 12-13	5:30 PM STRENGTH, SPEED & AGILITY	6:30 PM 4V4 OPEN PLAY
TUE	6:30 PM STRENGTH, SPEED & AGILITY		
WED	5:30 PM FOUNDATIONS 12-13	5:30 PM STRENGTH, SPEED & AGILITY	6:30 PM 4V4 OPEN PLAY
THU	4:30 PM STRIKING FOUNDATIONS ALTERNATES WEEKLY	5:30 PM FOUNDATIONS 12-13	
FRI	NO CLASSES		
SAT	10:30 AM FOUNDATIONS 12-13		
SUN	9:30 AM STRENGTH, SPEED & AGILITY	11:30 AM FOUNDATIONS 12-13	

TIMES SHOWN ARE CLASS START TIMES.

EXACT AVAILABILITY AND BOOKING
IN THE INVICTUS SOCCER APP.