



Junior Class Schedule

Location/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Irvine						
7:00 am						
8:00 am						
9:00 am						
10:00 am						Junior/Elite Development
5:00 pm					Junior Development	
6:00 pm		Junior Development	Junior Development	Junior Development		
7:00 pm	Junior/Elite Development	Elite Junior Development		Elite Junior Development		
ENCC						
9:00 am						
5:00 pm						
6:00 pm		Fit for Golf (High School +)				
7:00 pm		Elite Junior Development				

Cardio for Golf: Get the heart rate up and burn calories all with your golf game in mind.

Fit for Golf: Training and focus on every aspect of golf.

Stretch & Stable: Focus on flexibility and stability for your game

Effective: 6/01/2018