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| --- | --- | --- | --- | --- | --- | --- |
|  |  | **GYM** | | | | |
| **Day** | **Time** | **JFK - OLD** | **JFK - New** | **JQA** | **MM** | **RF** |
| Monday | 6:00 - 8:00 |  | Juniors | 9 y/o |  |  |
| Monday | 8:00 - 10:00 |  |  |  | Special Clinics |  |
| Tuesday | 6:00 - 8:00 |  |  |  |  | 12 y/o |
| Tuesday | 8:00 - 10:00 |  |  |  |  | Majors |
| Wednesday | 6:00 - 8:00 |  | 10 y/o |  |  |  |
| Wednesday | 8:00 - 10:00 |  | 11 y/o |  |  |  |
| Thursday | 5:30 - 7:30 | Farms |  |  |  |  |
| Friday | 6:00 - 8:00 |  |  | Minors |  |  |
| Friday | 8:00 - 10:00 |  |  | Special Clinics |  |  |