



TUESDAY-FEBRUARY 21
6:45-8:45-SHADOW RIDGE SMALL GYM

WEDNESDAY-FEBRUARY 22
6:45-8:45-STEM LAB LARGE GYM

FRIDAY-FEBRUARY 24
6:45-8:45-STEM LAB LARGE GYM

MONDAY-FEBRUARY 27
6:45-8:45-GLACIER PEAK GYM

TUESDAY-FEBRUARY 28
6:45-8:45-GLACIER PEAK GYM

WEDNESDAY-MARCH 1
6:45-8:45-GLACIER PEAK GYM

FRIDAY-MARCH 3
6:45-8:45-STEM LAB LARGE GYM

MONDAY-MARCH 6
6:45-8:45-SHADOW RIDGE SMALL GYM

TUESDAY-MARCH 7
6:45-8:45-GLACIER PEAK GYM

WEDNESDAY-MARCH 8
6:45-8:45- GLACIER PEAK GYM

FRIDAY-MARCH 10
6:45-8:45- STEM LAB-LARGE GYM

MONDAY-MARCH 13
6:45-8:45-STEM LAB LARGE GYM

TUESDAY- MARCH 14
6:45-8:45-GLACIER PEAK GYM

WEDNESDAY- MARCH 15
6:45-8:45-GLACIER PEAK GYM

FRIDAY-MARCH 17
6:45-8:45-STEM LAB- LARGE GYM

MONDAY-MARCH 20
6:45-8:45-STEM LAB-LARGE GYM

WINTER
FALL



TUESDAY- MARCH 21
6:45-8:45-STEM LAB-LARGE GYM

WEDNESDAY-MARCH 22
6:45-8:45-STEM LAB-LARGE GYM

MONDAY-MARCH 27
6:45-8:45-STEM LAB-LARGE GYM

TUESDAY-MARCH 28
6:45-8:45-GLACIER PEAK GYM

WEDNESDAY-MARCH 29
6:45-8:45-STEM LAB-LARGE GYM

Group & Personalized Training. All Athletes. All Sports.

Ron Jones has the experience to help you with Speed and Agility Training for sports or for health and fitness goals. Change your speed and stamina, and you will change your game!

Coach Jones

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