

Spring Schedule

D1 Training Arlington - Heights

ROOKIE

AGES 7-11

MONDAY - FRIDAY
5:00 PM - 6:00 PM

SATURDAY
10:00 AM - 11:00 AM

ADULT

AGES 18+

MONDAY - FRIDAY
9:00 AM - 10:00 AM
7:00 PM - 8:00 PM

SATURDAY
9:00 AM - 10:00 AM

DEVO

AGES 12-14

MONDAY - FRIDAY
6:00 PM - 7:00 PM

SATURDAY
11:00 AM - NOON

D1 ON 1

ANY AGE

D1-on-1 program will pair you up with one of our expert fitness coaches for a customized workout that will motivate you to achieve your goals.

CONTACT US FOR MORE INFO.

PREP

AGES 15-18

MONDAY - FRIDAY
6:00 PM - 7:00 PM

SATURDAY
11:00 AM - NOON

CONTACT INFORMATION

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The Place for **The Athlete**[®]

