

# D1 HENDERSON

## JANUARY SCHEDULE

D1HENDERSON@D1TRAINING.COM

1300 W SUNSET RD STE 1920  
 HENDERSON NV 89014  
 702-444-0805



	SUN	MON	TUES	WED	THURS	FRI	SAT
<b>Adult</b>	Open Gym 9-Noon	5 & 7 am 3:30 pm 5:45 pm	7 & 9 am 5:45 pm	5 & 7 am 3:30 pm 5:45 pm	7 & 9 am 5:45 pm	5 & 7 am 3:30 pm 5:45 pm	8 am
<b>Rookie</b> ages 7-11	9 am	5:30 pm	5:30 pm	5:30 pm	5:30 pm	5:30 pm	9 am
<b>Devo</b> ages 12-14	10 am	4:30 pm	4:30 pm	4:30 pm	4:30 pm	4:30 pm	10 am
<b>Prep</b> ages 15-18	Open Gym 9-Noon	6:30 pm	3:30 pm 6:30 pm	6:30 pm	3:30 pm 6:30 pm	6:30 pm	11 am

**D1on1**

- Personal Coaching
- Custom Prescription Plans
- Scheduled at your convenience

**D1 Overtime**

- Small group training
- 100% Custom
- 3-6 people
- Scheduled at your convenience

**D1 On Campus**

- Large group training
- 100% Custom
- Scheduled at your convenience

**Events & Field Rentals**

- Hold an event at our facility
- D1 coach will host
- Team building games