**NATIONAL DEVELOPMENT (8X week)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **M** | **Tu** | **W** | **Th** | **F** | **Sa** | **Su** |
| **AM** | 5:15-7:15 | 5:15-7:15 | 5:15-7:15 |  | 5:15-7:15 | 5:15-7:15 |  |
| **PM** | 6:15-8:00 |  | 7:15-9:15 |  | 4:30-6:30 |  |  |

**SENIOR 2 (7X week)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **M** | **Tu** | **W** | **Th** | **F** | **Sa** | **Su** |
| **AM** | 5:15-7:15 | 5:15-7:15 | 5:15-7:15 |  |  | 5:15-7:15 |  |
| **PM** | 6:15-8:00 |  | 7:15-9:15 |  | 4:30-6:30 |  |  |

**SENIOR 1 (4X week)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **M** | **Tu** | **W** | **Th** | **F** | **Sa** | **Su** |
| **AM** | 5:15-7:15 |  | 5:15-7:15 |  |  | 5:15-7:15 |  |
| **PM** |  |  |  |  | 4:30-6:30 |  |  |

**JUNIOR 3 (5X week)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **M** | **Tu** | **W** | **Th** | **F** | **Sa** | **Su** |
| **AM** |  | 6:00-7:15 |  |  |  | 7:15-8:30 |  |
| **PM** | 8:00-9:15 |  | 7:15-9:00 |  | 6:30-7:45 |  |  |

**JUNIOR 2 (4X week)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **M** | **Tu** | **W** | **Th** | **F** | **Sa** | **Su** |
| **AM** |  |  | 6:00-7:15 |  |  | 7:15-8:30 |  |
| **PM** | 8:00-9:15 |  |  |  | 6:30-7:45 |  |  |

**JUNIOR 1 (3X week)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **M** | **Tu** | **W** | **Th** | **F** | **Sa** | **Su** |
| **AM** |  |  |  |  |  | 7:15-8:30 |  |
| **PM** | 8:00-9:15 |  | 7:15-8:30 |  |  |  |  |

**Competitive 3 (3X week)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **M** | **Tu** | **W** | **Th** | **F** | **Sa** | **Su** |
| **AM** |  |  |  |  |  |  |  |
| **PM** | 6:15-7:15 |  | 6:15-7:15 |  | 6:30-7:30 |  |  |

**Competitive 2 (Session #1) (2X week)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **M** | **Tu** | **W** | **Th** | **F** | **Sa** | **Su** |
| **AM** |  |  |  |  |  |  |  |
| **PM** |  |  | 6:15-7:15 |  | 6:30-7:30 |  |  |

**Competitive 1A (Session #1) (2X week)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **M** | **Tu** | **W** | **Th** | **F** | **Sa** | **Su** |
| **AM** |  |  |  |  |  |  |  |
| **PM** |  | 7:15-8:00 | 6:17-7:00 |  |  |  |  |

**Competitive 1B (2X week)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **M** | **Tu** | **W** | **Th** | **F** | **Sa** | **Su** |
| **AM** |  |  |  |  |  |  |  |
| **PM** | 7:15-8:00 |  | 6:15-7:00 |  |  |  |  |

*\* All trainings are at PCMAC unless indicated otherwise*