

Training Schedule 2021-2022 - Begins AUGUST 16th

		8/16																						
		4:00	4:15	4:30	4:45	5:00	5:15	5:30	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45			
M o n	Training	NoviceMWF (23)			Pre-Senior / Senior (13)					Age Group (20)				Age Group Dev (24)										
					Pre-Junior / Junior (14)																			
	Strength & Fitness				Dryland						Pre-Senior / Senior (13)				Age Group (20)				Dryland					
										Pre-Junior / Junior (14)														
T u e s	Training	NoviceTThF (24)			Pre-Senior / Senior (13)					Age Group (20)				Age Group Dev (24)				Masters (8)						
					Pre-Junior / Junior (14)					High School Conditioning (8)														
	Strength & Fitness				Dryland						Pre-Senior / Senior (13)				Age Group (20)				Dryland					
										Pre-Junior / Junior (14)				High School Cond (8)										
W e d	Training	NoviceMWF (23)			Pre-Senior / Senior (13)					Age Group (20)				Age Group Dev (24)				Masters (8)						
					Pre-Junior / Junior (14)					High School Conditioning (8)														
	Strength & Fitness				Dryland						Pre-Senior / Senior (13)				Age Group (20)				Dryland					
										Pre-Junior / Junior (14)				High School Cond (8)										
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	Strength & Fitness				Dryland						Pre-Senior / Senior (13)				Age Group (20)				Dryland					
					Dryland						Pre-Junior / Junior (14)													
S a t	Training	8/17																						
		7:00 AM	7:30	8:00	8:30	9:00	9:30															2:00		
		Pre-Senior / Senior					Lessons																	
Pre-Junior / Junior																								