

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-8:00 AM (6:00-7:30 AM for Masters)	SRE & Masters @ FH JRE Strength Train @ Home	JRE & Masters @ CRWC PRE-E @ CRWC 6-7:00am (optional) 6:30-7:30am Lift @Performance SRE Only		JRE & Masters @ CRWC PRE-E @ CRWC 6-7:00am (optional) 6:30-7:30am Lift @Performance SRE Only	SRE & Masters @ FH JRE Strength Train @ Home	8:00-9:30am SRE & JRE @ FH 10:00-11:00 AM Dryland @ Performance SRE Only
4:30-5:30 PM	SRE & JRE @ FH PRE-E @ CRWC	SRE & JRE @ FH PRE-E @ CRWC	SRE & JRE @ CRWC PRE-E @ FH	SRE & JRE @ CRWC PRE-E @ FH	SRE & JRE @ CRWC (4:30-6:00pm) JR & SR @FH	10:00-11:30 AM SR, JR, FR @ FH
5:45-6:45 PM	Masters @CRWC JR & SR @ FH SO @FH	JR & SR @FH FR @ FH	Masters @CRWC JR & SR @ CRWC SO @ CRWC	JR & SR @ CRWC FR @ CRWC	SO @ FH PRE-E @ FH	10:00-11:30 AM PRE-E, SO @ CRWC
Developmental	4:30 – 5:30 PM Dev. 1 @ CRWC 5:45pm -6:45 PM Dev. 2 @ CRWC	4:30 – 5:30 PM Dev. 3 @ CRWC 5:45pm -6:45 PM Dev. 4 @ CRWC	4:30 – 5:30 PM Dev. 1 @ FH 5:45pm -6:45 PM Dev. 2 @ FH	4:30 – 5:30 PM Dev. 3 @ FH 5:45pm -6:45 PM Dev. 4 @ FH		