Training Grid Spring 2018 April 12th - June 1st

April/May	Mon. PM	Tues Pm	Tues AM	Wed PM	Th PM	Thurs AM	Fri. PM	Sat Am/PM	Sun AM
X-treme	7:15-9:15pm - W (May 14th- 5:00-7:00pm- P	7:30-9:15pm - V (May 14th- 5:00-7:00pm- P		7:15-9:15pm - W (May 14th- 5:00-7:00pm- P	7:30-9:15pm - V (May 14th- 5:00-7:00pm- P			6-8:30am V	
Black	7-8:45pm -V (May 14th) -6:00-7:45pm P	7:15-9pm-W (May 14- 6-7:45pm - P		7-8:45pm -V (May 14th) -6:00-7:45pm P	7:15-9pm-W (May 14-6-7:45pm - P			7-9am V	
Blue	7:15-8:45pm W (May 14th) 6:20-8pm - P	6:20- 8pm-V(May 14th) 6:20-8pm - P		7:15-8:45pm W (May 14th) 6:20-8pm - P	6:20- 8pm-V(May 14th) 6:20-8pm - P			2:00-3:45pm V	
Gold	6:10-7:20pm V	6:10-7:20pm V		6:10-7:20pm V			6:10-7:20pm V	3:30-5pm V	
Silver	6:10-7pm V			6:10-7pm - V			6:10-7pm - V	2-3pm V	
Green		6:10-6:45pm V			6:10-6:45pm V			3-3:30pm V	
Masters			5:30-7am -V			5:30-7am -V			7-8:30am - V