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|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Senior 1 | 6:30-8:30 AM  DRYLAND | 6:30-8:15 AM | 6:30-8:30 AM  DRYLAND | 6:30-8:15 AM | 6:30-8:15 AM | 6:30-8:30 AM  DRYLAND | OFF |
| Senior 2 | 6:30-8:15 AM  DRYLAND | OFF | 6:30-8:15 AM  DRYLAND | 6:30-8:15 AM | 6:30-8:15 AM | 6:30-8:30 AM  DRYLAND | OFF |
| Senior 3 | 8:30-10:00 AM  DRYLAND | 6:30-8:15 AM | 8:30-10:00 AM  DRYLAND | OFF | 8:15-9:45 AM | 8:30-10:00 AM  DRYLAND | OFF |
| Gold | 8:30-10:00 AM  DRYLAND | 8:15-9:30 AM | OFF | 8:15-9:30 AM | 8:15-9:45 AM | 8:30-10:00 AM  DRYLAND | OFF |
| Silver | OFF | 8:15-9:30 AM | 8:30-10:00 AM  DRYLAND | 8:15-9:30 AM | OFF | 8:30-10:00 AM  DRYLAND | OFF |
| Bronze | OFF | 9:30-10:30 AM | OFF | 9:30-10:30 AM | 9:45-10:45 AM  DRYLAND | OFF | OFF |