



## 2019-2020 SHORT COURSE SCHEDULE

Schedule begins February 10<sup>th</sup>-March 30<sup>th</sup> 2020  
 CP designates Competition Pool / PP designates Program Pool

### TITANS PREP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M / TH	5:45-6:30 OR 6:30-7:15PM (PP)			5:45-6:30 OR 6:30-7:15PM (PP)			
TUES / FR		5:45-6:30 OR 6:30-7:15PM (PP)			5:45-6:30 OR 6:30-7:15PM (PP)		
WED / SAT			5:45-6:30 OR 6:30-7:15PM (PP)			12:15-1:00PM (PP)	
SAT / SUN						1:00-1:45 OR 1:45-2:30PM (PP)	1:00-1:45 OR 1:45-2:30PM (PP)





## CHALLENGE TRACK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COPPER M/W/F	5:45-7:00PM(PP)		5:45-7:00PM(PP)		5:45-7:00PM(PP)	
COPPER T/TH/SAT		5:45-7:00PM(PP)		5:45-7:00PM(PP)		9:00-10:30AM (PP)
BRONZE	5:45-7:00PM(PP)	5:45-7:00PM(PP) 5:15-5:35PM CIRCUIT @TAC	5:45-7:00PM(PP)	5:45-7:00PM(PP) 5:15-5:35PM CIRCUIT @TAC	5:45-7:00PM(PP)	9:00-10:30AM (PP)
SILVER I	7:00-8:30PM(PP)	7:00-8:30PM(PP) 6:00-6:45PM CIRCUIT @ TAC	7:00-8:30PM(PP) 6:00-6:45PM YOGA @ TAC	7:00-8:30PM(PP) 6:00-6:45PM CIRCUIT @ TAC	7:00-8:30PM(PP)	10:30-12:30PM(PP)
SILVER II	7:00-8:30PM(PP)	7:00-8:30PM(PP) 6:00-6:45PM CIRCUIT @ TAC	7:00-8:30PM(PP) 6:00-6:45PM YOGA @ TAC	7:00-8:30PM(PP) 6:00-6:45PM CIRCUIT @ TAC	7:00-8:30PM(PP)	9:00-11:00AM(CP)



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>GOLD</b>	3:45-5:45PM(PP)  6:00-6:45PM CIRCUIT @ TAC	3:45-5:45PM(PP)	3:45-5:45PM(PP)  6:00-6:45PM CIRCUIT @ TAC	3:45-5:45PM(PP)  6:00-6:45PM YOGA @TAC	3:45-5:45PM(PP)  6:00-6:45PM CIRCUIT @ TAC	9:00-11:00AM(CP)
<b>SR. CHAMPS</b>	3:30-5:45PM(PP)  6:00-6:45PM CIRCUIT @ TAC	3:30-5:45PM(PP)	3:30-5:45PM(PP)  6:00-6:45PM CIRCUIT @ TAC	3:30-5:45PM(PP)  6:00-6:45PM YOGA @TAC	3:30-5:45PM(PP)  6:00-6:45PM CIRCUIT @ TAC	7:00-9:00AM (PP)



## ELITE TRACK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TAG 3	5:45-7:15PM (CP)  5:15-5:35PM CIRCUIT @ TAC	5:45-7:15PM (CP)  4:45-5:30PM YOGA @ TAC	5:45-7:15PM (CP)  5:15-5:35PM CIRCUIT @ TAC	5:45-7:15PM (CP)	5:45-7:15PM (CP)  5:15-5:35PM CIRCUIT @ TAC	9:00-11:00AM(CP)	
TAG 2.5	5:45-7:30PM (CP)  4:45-5:30PM YOGA @ TAC	5:45-7:30PM (CP)  4:50-5:30PM CIRCUIT @ MALL	5:45-7:30PM (CP)	5:45-7:30PM (CP)  4:50-5:30PM CIRCUIT @ MALL	5:45-7:30PM (CP)	9:00-11:00AM(CP)  8:00-8:45AM CIRCUIT @ MALL	
TAG 2	5:45-7:30PM (CP)  4:45-5:30PM YOGA @ TAC	5:45-7:30PM (CP)  4:50-5:30PM CIRCUIT @ MALL	5:45-7:30PM (CP)	5:45-7:30PM (CP)  4:50-5:30PM CIRCUIT @ MALL	5:45-7:30PM (CP)	9:00-11:00AM(CP)  8:00-8:45AM CIRCUIT @ MALL	
TAG 1.5	5:45-7:45PM (CP)  4:30-5:30PM CIRCUIT @ MALL	5:45-7:45PM (CP)	5:45-7:45PM (CP)  4:30-5:30PM CIRCUIT @ MALL	5:45-7:45PM (CP)  4:30-5:30PM YOGA @TAC	5:45-7:45PM (CP)  4:30-5:30PM CIRCUIT @ MALL	7:00-9:00AM (CP)	



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>TAG 1</b>	3:45-5:45PM (CP)  6:00-7:00PM YOGA @ TAC	3:45-5:45PM (CP)  6:00-7:00PM CIRCUIT @ MALL	3:45-5:45PM (CP)	3:45-5:45PM (CP)  6:00-7:00PM CIRCUIT @ MALL	3:45-5:45PM (CP)	7:00-9:00AM (CP)  9:15-10:15AM CIRCUIT @ MALL	
<b>SECTIONAL</b>	5:45-7:45PM (CP)  4:30-5:30PM CIRCUIT @ MALL	5:45-7:45PM (CP)	5:45-7:45PM (CP)  4:30-5:30PM CIRCUIT @ MALL	5:45-7:45PM (CP)  4:30-5:30PM YOGA @TAC	5:45-7:45PM (CP)  4:30-5:30PM CIRCUIT @ MALL	7:00-9:00AM (CP)	
<b>NATIONAL</b>	3:30-5:45PM (CP)  6:15-7:15PM CIRCUIT @ MALL	3:30-5:45PM (CP)  6:00-7:00PM YOGA @ TAC	3:30-5:45PM (CP)  6:15-7:15PM CIRCUIT @ MALL	3:30-5:45PM (CP)	3:30-5:45PM (CP)  6:15-7:15PM CIRCUIT @ MALL	7:00-9:00AM (CP)	7:00-9:00AM (CP)
<b>OLYMPIC ELITE</b>	3:30-5:45PM (CP)  6:15-7:15PM CIRCUIT @ MALL	3:30-5:45PM (CP)  6:00-7:00PM YOGA @ TAC	3:30-5:45PM (CP)  6:15-7:15PM CIRCUIT @ MALL	3:30-5:45PM (CP)	3:30-5:45PM (CP)  6:15-7:15PM CIRCUIT @ MALL	11:30-1:30PM(CP)	9:00-11:00AM (CP)