

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------|------------------------------------|-----------|---|-----------------------------------|
| | | | | |
| WR1 3:45-4:35 | | | | WR4 3:45-4:35 |
| Groups 1,2,3 5:00-5:45 (Weldon) | Senior 1 &2 4:00- 5:00 (Weldon) | | Senior 3 3:45-4:45 (Weldon) | Jr 2 & 3 4:45-5:30 (Weldon) |
| Junior 1 5:50-6:35 (Kellog) | | | Senior Prep, 1, & 2 4:45-5:45 (Weldon) | |
| WR5 7:00-8:00pm | | | WR2 6:15-7:15 | |
| | | | WR3 7:15-8:15 | |
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| Lifting | Dryland | | | |