

2019 – 2020 Early Fall Schedule (August thru October)

GROUP	TIME	DAYS
BRONZE	4:45pm – 5:30pm 10:00am – 10:45am	M, TH Sat
SILVER	4:45pm – 5:45pm 10:30am – 11:30am	T, F Sat
GOLD	6:00pm – 7:15pm 10:00am – 11:15am	T, TH, F Sat
AGE GROUP 2	5:45pm – 7:00pm 8:00am – 9:30am	T, W, TH Sat
AGE GROUP 1	5:30pm – 7:30pm 7:00pm – 8:30pm 9:30am – 11:30am	M, F T, W, TH Sat
SENIOR 3	4:00pm – 5:30pm	M – F
SENIOR 2	5:30pm – 8:00pm 5:30pm – 7:30pm 8:00am – 10:00am	M, TH (with dryland) T, W, F Sat
SENIOR 1	4:00pm – 6:00pm 4:00pm – 7:00pm 8:00am – 10:00am 5:30am – 7:00am	M, W, F T, TH (with weight room) Sat T, TH (starts Sept 9 th)