

2019 – 2020 Winter Schedule (November thru February)

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	8:00pm – 9:00pm 5:30pm – 7:00pm 10:00am – 11:30am	M, W T, TH Sat
SENIOR 2	5:30pm – 8:00pm 7:00pm – 9:00pm 6:00pm – 8:00pm 8:00am – 10:00am	M, F (with dryland) T, TH W Sat
SENIOR 1	6:00pm – 8:00pm 5:30pm – 8:00pm 8:00am – 10:00am 5:30am – 7:00am 5:30am – 6:30am	M, T, W, F TH (with dryland) Sat T, TH M (Weight Room)