

# LC Summer Schedule 2019

Starting Tuesday, May 28<sup>th</sup>

<b>GROUP</b>	<b>TIME</b>	<b>DAYS</b>
<b>BRONZE</b>	5:45pm – 6:30pm	M, W, TH
<b>SILVER</b>	6:30pm – 7:30pm 5:45pm – 6:30pm	M, W, TH T
<b>GOLD</b>	5:45pm – 7:15pm	M, T, TH, F
<b>AGE GROUP 2</b>	4:30pm – 6:00pm 6:15pm – 7:30pm	M, W, F T, TH
<b>AGE GROUP 1</b>	6:00pm – 8:00pm 4:45pm – 6:15pm	M, W, F T, TH
<b>SENIOR 3</b>	8:45am – 10:45am 8:45am – 10:15am	M, W, F T, TH
<b>SENIOR 2</b>	6:45am – 8:45am 2:15pm – 3:00pm 3:15pm – 4:45pm 8:00am – 10:00am	M - F T, TH (weight room) T, TH Sat
<b>SENIOR 1</b>	6:45am – 8:45am 9:00am – 10:00am 3:15pm – 4:45pm 8:00am – 10:00am	M – F M, W, F (weight room) M, W, F Sat