

2022 Summer Training Schedule

Group	M	TU	W	TH	F	Sa
Natl. Prep	6:45-8:45am 5:00-6:15pm	5:00-6:30pm	6:45-8:45am 5:00-6:15pm	5:00-6:30pm	6:45-8:45am	8:00-10:00am
High School Prep	6:45-8:45am	6:45-8:45am	6:45-8:45am	6:45-8:45am	6:45-8:45am	8:00-10:00 optional
Gold	6:45-8:45am	6:45-8:45am	6:45-8:45am	6:45-8:45am	6:45-8:45am	
Silver	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	
Bronze 1	S1 9:00-10:15am S2 10:15-11:30am	S1 9:00-10:15am S2 10:15-11:30am	S1 9:00-10:15am S2 10:15-11:30am	S1 9:00-10:15am S2 10:15-11:30am	S1 9:00-10:15am S2 10:15-11:30am	
Green 2	S1 9:00-9:50am S2 10:00-10:50am	S1 9:00-9:50am S2 10:00-10:50am	S1 9:00-9:50am S2 10:00-10:50am	S1 9:00-9:50am S2 10:00-10:50am	S1 9:00-9:50am S2 10:00-10:50am	
Green 1	S1 9:00-9:50am S2 10:00-10:50am	S1 9:00-9:50am S2 10:00-10:50am	S1 9:00-9:50am S2 10:00-10:50am	S1 9:00-9:50am S2 10:00-10:50am	S1 9:00-9:50am S2 10:00-10:50am	
White	S1 9:00-9:45am S2 10:00-10:45am	S1 9:00-9:45am S2 10:00-10:45am	S1 9:00-9:45am S2 10:00-10:45am	S1 9:00-9:45am S2 10:00-10:45am	S1 9:00-9:45am S2 10:00-10:45am	