



## Tigersharks Weekly Training Schedule

### ALL Squads

***November 1 - December 5***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Bronze:</b> 6:30-7:30pm  <b>Gold:</b> 6:15-7:45pm  <b>SR I &amp; II:</b> 3:00-4:30pm  <b>SR I:</b> 2:30-3pm (weights)	<b>Silver:</b> 6:30-7:45pm  <b>Gold:</b> 6:15-7:45pm  <b>SR I &amp; II:</b> 3:00-4:30pm	<b>Bronze:</b> 6:30-7:30pm  <b>Gold:</b> 6:15-7:45pm  <b>SR I &amp; II:</b> 3:00-4:30pm  <b>SR I:</b> 2:30-3pm (wts)	<b>Silver:</b> 6:30-7:45pm  <b>Gold:</b> 6:15-7:45pm  <b>SR I &amp; II:</b> 3:00-4:30pm  <b>SR I:</b> 2:30-3pm (wts)	<b>Bronze:</b> 5:15-6:30pm  <b>Silver:</b> 5:15-6:30pm  <b>Gold:</b> 5:00-6:30pm  <b>SR I &amp; II:</b> 3:00-4:30pm	<b>Bronze:</b> 7:45-9:00am  <b>Silver:</b> 7:45-9:00am  <b>Gold:</b> 7:15-8:45am  <b>SR I &amp; II:</b> 6:45-8:45am  <b>SR I:</b> 8:45-9:30am (wts)