



# Tigersharks Training Schedule

*Scroll Through For Your Squad*

## ALL Squads

**APRIL 2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Apr	2-Apr	3-Apr
SR I: weights 2x per week + 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> 2:00-3pm (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> 2:00-3pm (wts)	<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> 2:00-3pm (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> 2:00-3pm (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)
4-Apr	5-Apr	6-Apr	7-Apr	8-Apr	9-Apr	10-Apr
	<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> 2:00-3pm (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> 2:00-3pm (wts)	<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> 2:00-3pm (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> 2:00-3pm (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)
11-Apr	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr
	<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> 2:00-3pm (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> 2:00-3pm (wts)	<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> 2:00-3pm (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> 2:00-3pm (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)
18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr
	<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> 2:00-3pm (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> 2:00-3pm (wts)	<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> 2:00-3pm (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> 2:00-3pm (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)
25-Apr	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr	
	<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> 2:00-3pm (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> 2:00-3pm (wts)	<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> 2:00-3pm (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> 2:00-3pm (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	



# Tigersharks Training Schedule

## BRONZE SQUAD

**APRIL 2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Apr	2-Apr	3-Apr
					Bronze: 5:15-6:30pm	Bronze: 7:45-9:00am
4-Apr	5-Apr	6-Apr	7-Apr	8-Apr	9-Apr	10-Apr
	Bronze: 6:30-7:30pm		Bronze: 6:30-7:30pm		Bronze: 5:15-6:30pm	Bronze: 7:45-9:00am
11-Apr	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr
	Bronze: 6:30-7:30pm		Bronze: 6:30-7:30pm		Bronze: 5:15-6:30pm	Bronze: 7:45-9:00am
18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr
	Bronze: 6:30-7:30pm		Bronze: 6:30-7:30pm		Bronze: 5:15-6:30pm	Bronze: 7:45-9:00am
25-Apr	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr	
	Bronze: 6:30-7:30pm		Bronze: 6:30-7:30pm		Bronze: 5:15-6:30pm	



# Tigersharks Training Schedule

## SILVER SQUAD

**APRIL 2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Apr Silver: 6:30-7:45pm	2-Apr Silver: 5:15-6:30pm	3-Apr Silver: 7:45-9:00am
4-Apr	5-Apr	6-Apr Silver: 6:30-7:45pm	7-Apr	8-Apr Silver: 6:30-7:45pm	9-Apr Silver: 5:15-6:30pm	10-Apr Silver: 7:45-9:00am
11-Apr	12-Apr	13-Apr Silver: 6:30-7:45pm	14-Apr	15-Apr Silver: 6:30-7:45pm	16-Apr Silver: 5:15-6:30pm	17-Apr Silver: 7:45-9:00am
18-Apr	19-Apr	20-Apr Silver: 6:30-7:45pm	21-Apr	22-Apr Silver: 6:30-7:45pm	23-Apr Silver: 5:15-6:30pm	24-Apr Silver: 7:45-9:00am
25-Apr	26-Apr	27-Apr Silver: 6:30-7:45pm	28-Apr	29-Apr Silver: 6:30-7:45pm	30-Apr Silver: 5:15-6:30pm	



# Tigersharks Training Schedule

## GOLD SQUAD

**APRIL 2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Apr	2-Apr	3-Apr
				Gold: 6:15-7:45pm	Gold: 5:00-6:30pm	Gold: 7:15-8:45am
4-Apr	5-Apr	6-Apr	7-Apr	8-Apr	9-Apr	10-Apr
	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 5:00-6:30pm	Gold: 7:15-8:45am
11-Apr	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr
	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 5:00-6:30pm	Gold: 7:15-8:45am
18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr
	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 5:00-6:30pm	Gold: 7:15-8:45am
25-Apr	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr	
	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 5:00-6:30pm	



# Tigersharks Training Schedule

## SENIOR SQUAD

**APRIL 2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Apr	2-Apr	3-Apr
SR I: weights 2x per week + Saturday				SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm	SR I & II: 6:45-8:45am SR I: 8:45-9:30am (wts)
4-Apr	5-Apr	6-Apr	7-Apr	8-Apr	9-Apr	10-Apr
	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm	SR I & II: 6:45-8:45am SR I: 8:45-9:30am (wts)
11-Apr	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr
	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm	SR I & II: 6:45-8:45am SR I: 8:45-9:30am (wts)
18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr
	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm	SR I & II: 6:45-8:45am SR I: 8:45-9:30am (wts)
25-Apr	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr	
	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm	



# Tigersharks Training Schedule

## MASTERS Squad

**APRIL 2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Apr	2-Apr 5:45-7am	3-Apr 6-7:30am
4-Apr	5-Apr	6-Apr	7-Apr 5:45-7am	8-Apr	9-Apr 5:45-7am	10-Apr 6-7:30am
11-Apr	12-Apr	13-Apr	14-Apr 5:45-7am	15-Apr	16-Apr 5:45-7am	17-Apr 6-7:30am
18-Apr	19-Apr	20-Apr	21-Apr 5:45-7am	22-Apr	23-Apr 5:45-7am	24-Apr 6-7:30am
25-Apr	26-Apr	27-Apr	28-Apr 5:45-7am	29-Apr	30-Apr 5:45-7am	