



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

FEBRUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb
SR I: weights 2x per week + Saturday	Bronze: 6:30-7:30pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Bronze: 6:30-7:30pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Bronze: 5:15-6:30pm Silver: 5:15-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	Bronze: 7:45-9:00am Silver: 7:45-9:00am Gold: 7:15-8:45am SR I & II: 6:45-8:45am SR I: 8:45-9:30am (wts)
7-Feb	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb
	Bronze: 6:30-7:30pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Bronze: 6:30-7:30pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Bronze: 5:15-6:30pm Silver: 5:15-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	Bronze: 7:45-9:00am Silver: 7:45-9:00am Gold: 7:15-8:45am SR I & II: 6:45-8:45am SR I: 8:45-9:30am (wts)
14-Feb	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb
	PRESIDENT'S DAY NO TRAINING	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Bronze: 6:30-7:30pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Bronze: 5:15-6:30pm Silver: 5:15-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	Bronze: 7:45-9:00am Silver: 7:45-9:00am Gold: 7:15-8:45am SR I & II: 6:45-8:45am SR I: 8:45-9:30am (wts)
21-Feb	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb
	Bronze: 6:30-7:30pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Bronze: 6:30-7:30pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Bronze: 5:15-6:30pm Silver: 5:15-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	Bronze: 7:45-9:00am Silver: 7:45-9:00am Gold: 7:15-8:45am SR I & II: 6:45-8:45am SR I: 8:45-9:30am (wts)
28-Feb						



Tigersharks Training Schedule

BRONZE SQUAD

FEBRUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb
	Bronze: 6:30-7:30pm		Bronze: 6:30-7:30pm		Bronze: 5:15-6:30pm	Bronze: 7:45-9:00am
7-Feb	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb
	Bronze: 6:30-7:30pm		Bronze: 6:30-7:30pm		Bronze: 5:15-6:30pm	Bronze: 7:45-9:00am
14-Feb	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb
	PRESIDENT'S DAY		Bronze: 6:30-7:30pm		Bronze: 5:15-6:30pm	Bronze: 7:45-9:00am
	NO TRAINING					
21-Feb	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb
	Bronze: 6:30-7:30pm		Bronze: 6:30-7:30pm		Bronze: 5:15-6:30pm	Bronze: 7:45-9:00am
28-Feb						



Tigersharks Training Schedule

SILVER SQUAD

FEBRUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb
		Silver: 6:30-7:45pm		Silver: 6:30-7:45pm	Silver: 5:15-6:30pm	Silver: 7:45-9:00am
7-Feb	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb
		Silver: 6:30-7:45pm		Silver: 6:30-7:45pm	Silver: 5:15-6:30pm	Silver: 7:45-9:00am
14-Feb	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb
	PRESIDENT'S DAY	Silver: 6:30-7:45pm		Silver: 6:30-7:45pm	Silver: 5:15-6:30pm	Silver: 7:45-9:00am
	NO TRAINING					
21-Feb	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb
		Silver: 6:30-7:45pm		Silver: 6:30-7:45pm	Silver: 5:15-6:30pm	Silver: 7:45-9:00am
28-Feb						



Tigersharks Training Schedule

GOLD SQUAD

FEBRUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb
	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
7-Feb	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb
	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
14-Feb	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb
	PRESIDENT'S DAY					
	NO TRAINING	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
21-Feb	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb
	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
28-Feb						



Tigersharks Training Schedule

SENIOR SQUAD

FEBRUARY 2021

Sunday	Monday 1-Feb	Tuesday 2-Feb	Wednesday 3-Feb	Thursday 4-Feb	Friday 5-Feb	Saturday 6-Feb
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: 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)
7-Feb	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb
	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)
14-Feb	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb
	PRESIDENT'S DAY NO TRAINING	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)
21-Feb	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb
	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)
28-Feb						



Tigersharks Training Schedule

MASTERS Squad

FEBRUARY 2021

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