



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

JANUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Jan	2-Jan
SR I: weights 2x per week + Saturday					No Training	No Training
3-Jan	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan
	Bronze: 6:30-7:30pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (ws)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (ws)	Bronze: 6:30-7:30pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (ws)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (ws)	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)
10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan
	Bronze: 6:30-7:30pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (ws)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (ws)	Bronze: 6:30-7:30pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (ws)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (ws)	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)
17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
	MLK DAY Bronze: 7:45-9am Silver: 7:45-9am Gold: 7:15-8:45am SR I & II: 6:45-8:45am	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (ws)	Bronze: 6:30-7:30pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (ws)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (ws)	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)
24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan
	Bronze: 6:30-7:30pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (ws)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (ws)	Bronze: 6:30-7:30pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (ws)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (ws)	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)



Tigersharks Training Schedule

BRONZE SQUAD

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Jan	2-Jan
					No Training	No Training
3-Jan	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan
	Bronze: 6:30-7:30pm		Bronze: 6:30-7:30pm		Bronze: 5:15-6:30pm	Bronze: 7:45-9:00am
10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan
	Bronze: 6:30-7:30pm		Bronze: 6:30-7:30pm		Bronze: 5:15-6:30pm	Bronze: 7:45-9:00am
17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
	MLK DAY Bronze: 7:45-9am		Bronze: 6:30-7:30pm		Bronze: 5:15-6:30pm	Bronze: 7:45-9:00am
24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan
	Bronze: 6:30-7:30pm		Bronze: 6:30-7:30pm		Bronze: 5:15-6:30pm	Bronze: 7:45-9:00am



Tigersharks Training Schedule

SILVER SQUAD

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Jan	2-Jan
					No Training	No Training
3-Jan	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan
		Silver: 6:30-7:45pm		Silver: 6:30-7:45pm	Silver: 5:15-6:30pm	Silver: 7:45-9:00am
10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan
		Silver: 6:30-7:45pm		Silver: 6:30-7:45pm	Silver: 5:15-6:30pm	Silver: 7:45-9:00am
17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
	MLK DAY Silver: 7:45-9am	Silver: 6:30-7:45pm		Silver: 6:30-7:45pm	Silver: 5:15-6:30pm	Silver: 7:45-9:00am
24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan
		Silver: 6:30-7:45pm		Silver: 6:30-7:45pm	Silver: 5:15-6:30pm	Silver: 7:45-9:00am



Tigersharks Training Schedule

GOLD SQUAD

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Jan	2-Jan
					No Training	No Training
3-Jan	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan
	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
10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan
	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
17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
	MLK DAY					
	Gold: 7:15-8:45am	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
24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan
	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



Tigersharks Training Schedule

SENIOR SQUAD

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Jan	2-Jan
SR I: weights choose 2x weekday + Saturday					No Training	No Training
3-Jan	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan
	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)
10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan
	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)
17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
	MLK DAY SR I & II: 6:45-8:45am	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)
24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan
	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)



Tigersharks Training Schedule

MASTERS Squad

JANUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Jan No Training	2-Jan No Training
3-Jan	4-Jan	5-Jan	6-Jan 5:45-7am	7-Jan	8-Jan 5:45-7am	9-Jan 6-7:30am
10-Jan	11-Jan	12-Jan	13-Jan 5:45-7am	14-Jan	15-Jan 5:45-7am	16-Jan 6-7:30am
17-Jan	18-Jan 6-7:30am MLK Day	19-Jan	20-Jan 5:45-7am	21-Jan	22-Jan 5:45-7am	23-Jan 6-7:30am
24-Jan	25-Jan	26-Jan	27-Jan 5:45-7am	28-Jan	29-Jan 5:45-7am	30-Jan 6-7:30am