



## Tigersharks Weekly Training Schedule

### ALL Squads

*January 4 - Feb 28*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 (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>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)