



Tigersharks Weekly Training Schedule

ALL Squads

Spring 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 (weights)	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)