Fall/Winter Schedule 2019-2020 (September 9-February 16) (subject to change)

Training Group	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Steelhead A	x x	x 7:15-8:00 pm (IF)	x x	x 7:15-8:00 pm (IF)	x 5:30-6:15 pm (H)	x x	x x
Steelhead B	x x	x x	x 7:00-7:45 pm (KL)	x x	x 6:15-7:00 pm (H)	10:15-11:00 am (B) x	x x
Steelhead C	x x	x x	x 6:15-7:00 pm (KL)	x x	x 8:00-8:45 pm (B)	9:15-10:00 am (KL) x	x x
Steelhead D	x 7:00-7:45 pm (IF)	x x	x 7:00-7:45 pm (IF)	x x	x 6:00-6:45 pm (B)	x x	x x
Barracudas	x 6:00-7:00 pm (H)*	x x	x 6:00-7:00 pm (H)*	x x	x 6:15-7:00 pm (IF)	x x	10:00-10:45 am (B) x
Marlins	x x	x 6:00-7:00 pm (B)	x x	x 7:00-8:00 pm (B)	x 6:00-7:15 pm (B)*	10:45-12:00 pm (H)* x	x x
Piranhas	x x	x 8:00-9:00 pm (B)	x 7:45-8:45 pm (KL)	x x	x 7:00-8:15 pm (B)*	11:00-12:15 pm (B)* x	x x
Rays	x x	x 6:30-8:00 pm (B)*	x x	x 7:30-9:00 pm (B)*	x 5:30-7:00 pm (H)	10:30-12:00 pm (H) x	x x
Sharks	x 7:30-9:00 pm (B)	x 8:00-9:00 pm (IF)	x 7:30-9:00 pm (B)	x 8:00-9:00 pm (IF)	x x	10:00-11:00 am (KL) x	x x
Age Group Prep	x 5:45-6:45 pm (KL)	x x	x x	x x	x 8:00-9:00 pm (B)	8:00-9:00 am (B) x	9:00-10:00 am (B) x
Bronze 1	x 7:00-9:00 pm (H)*	x 7:00-8:45 pm (B)*	8:00-9:00 am (KL) x	x x	x x	9:30-10:45 am (H) x	x x
Bronze 2	x 7:00-9:00 pm (H)*	x x	7:00-8:00 am (KL) x	x x	x 6:15-8:00 pm (B)*	9:00-10:15 am (B) x	x x
Bronze 3	x 7:00-9:00 pm (H)*	x x	6:00-7:00 am (KL) x	x 7:00-9:00 pm (B)*	x x	9:30-10:30 am (H) x	x x
Silver 1	x 7:45-9:00 pm (IF)	x 8:00-9:00 pm (KM)	x 7:45-9:00 pm (IF)	x 6:00-7:00 pm (B)	5:00-6:30 am (KL) x	7:00-8:00 am (B) x	x x
Silver 2	5:00-6:30 am (KL) x	x 6:00-7:15 pm (IF)	x x	x 6:00-7:15 pm (IF)	x 5:45-7:15 pm (KM)	7:00-8:30 am (B) x	x x
Gold 1	x 7:30-9:00 pm (B)	x 5:30-7:00 pm (KL)	x 7:30-9:00 pm (B)	x 5:30-7:00 pm (KL)	5:00-7:00 am (B) x	x x	7:00-9:00 am (B) x
Gold 2	x 6:00-7:30 pm (B)	x 4:00-5:30 pm (KL)	x 6:00-7:30 pm (B)	x 4:00-5:30 pm (KL)	5:00-7:00 am (B) x	x x	7:00-9:00 am (B) x
Senior 1	x 5:45-8:00 pm (KM)	x x	x 6:15-8:15 pm (KM)	x x	x x	7:00-9:15 am (KL) x	x x
Senior 2	x 5:45-8:00 pm (KM)	5:00-7:00 am (B) x	x 6:15-8:15 pm (KM)	5:00-6:30 am (B) 7:15-9:00 pm (KM)	x 5:30-7:00 pm (KL)	7:00-9:15 am (KL) x	x x
Senior 3	5:00-6:30 am (B) 3:30-5:45 pm (KL)	x 5:45-8:00 pm (KM)	5:00-6:30 am (B) x	x 5:45-7:15 pm (KM)	x 3:30-5:30 pm (KL)	7:00-9:30 am (H) x	x x
Senior 4	5:00-7:00 am (B) 3:30-5:45 pm (KL)	x 5:45-8:00 pm (KM)	5:00-7:00 am (B) x	5:00-7:00 am (B) 5:45-7:15 pm (KM)	x 3:30-5:30 pm (KL)	7:00-9:30 am (H) x	x x

(B) – Boehm (KL) – Klahanie Lakeside (KM) – Klahanie Mountainview (H) – Hazen HS (IF) – Issaquah Fitness *includes dryland on deck w/ coach