

TIME	SUN	MON	TUES		WED	THU		FRI	SAT
5:30am		OH Strength	OH Conditioning		OH Strength	OH Conditioning		OH Strength	
8am									Strength & Conditioning
9:00am		OH Strength	OH Conditioning		OH Strength	OH Conditioning		OH Strength	Family
10:00am									Teen Strong
11:00am									
12:00pm		OH Strength			OH Strength			OH Strength	
3:00pm		HS Development			HS Development			HS Development	
3:30pm			Teen Strong			Teen Strong			
4:30pm		Strength & Conditioning	Teen Strong	Strength & Conditioning	Strength & Conditioning	Teen Strong	Strength & Conditioning	HS Development	
5:30pm									
6:00pm		OH Strength	OH Conditioning		OH Strength	OH Conditioning			
7:00pm		HS Development							
8:00pm									