

	Week of November 30th						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Novice (Making Approx 2)	x	7:45pm- 8:30pm	x	7:15pm- 8:00pm	x	11:00am- 11:45am	X
Dev. 1 (Making Approx 3)	x	5:00pm- 6:00pm	x	5:00pm- 6:00pm	7:30pm- 8:15pm	x	X
Dev. 2 (Making Approx 3)	11:30am- 12:30am	x	x	6:15pm- 7:15pm	7:30pm- 8:15pm	x	X
Dev. 3 (Making Approx 4)	x	6:30pm- 7:45pm	x	6:30pm- 8:00pm	7:30pm- 8:15pm	x	X
Red (Make 4-5 Workouts)	11:00am- 12:30pm	5:15am- 6:45am 6:00pm- 7:30pm	x 3:30pm- 4:45pm	5:15am- 6:45am 6:00pm- 7:15pm	5:15am- 6:45am 6:00pm- 7:30pm	11:00am- 12:15pm	X
Platinum AM (Make 6-7 Workouts)	10:00am- 11:30am	5:15am- 6:45am	x	5:15am- 6:45am	5:15am- 6:45am	8:30am- 11:00am	X
PM	(Dryland 9:30- 10)	4:30pm- 6:30pm	3:30pm- 4:45pm	4:30pm- 6:30pm	4:30pm- 6:30pm		
Gold AM (Make 6-7 Workouts)	8:30am- 11:00am	5:15am- 6:45am	x	x	5:15am- 6:45am	8:30am- 11:00am	X
PM		4:30pm- 5:00pm	4:30pm- 5:00pm	4:30pm- 5:00pm	4:30pm- 5:00pm		
High School Team PM	8:30am- 10:00am	2:45pm- 4:30pm	Fox Chapel Meet	2:45pm- 4:30pm	2:45pm- 4:30pm		

	Week of December 7th						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Novice (Making Approx 2)	7:15pm- 8:00pm	x	7:15pm- 8:00pm	x	x	11:00am- 11:45am	X
Dev. 1 (Making Approx 3)	5:00pm- 6:00pm	5:00pm- 6:00pm	5:00pm- 6:00pm	x	7:30pm- 8:15pm	x	X
Dev. 2 (Making Approx 3)	6:15pm- 7:15pm	x	6:15pm- 7:15pm	5:00pm- 6:00pm	7:30pm- 8:15pm	x	X
Dev. 3 (Making Approx 4)	6:45pm- 8:00pm	6:30pm- 8:00pm	6:30pm- 8:00pm	6:30pm- 8:00pm	7:30pm- 8:15pm	x	X
Red (Make 4-5 Workouts)		5:15am- 6:45am 6:00pm- 7:15pm		5:15am- 6:45am 6:00pm- 8:00pm	5:15am- 6:45am 6:00pm- 7:30pm	11:00am- 12:15pm	X
Platinum AM (Make 6-7 Workouts)		5:15am- 6:45am		5:15am- 6:45am	5:15am- 6:45am	8:30am- 11:00am	X
PM	4:30pm- 6:30pm	4:30pm- 6:30pm	4:30pm- 6:30pm	4:30pm- 6:30pm	4:30pm- 6:30pm		
Gold AM (Make 6-7 Workouts)		5:15am- 6:45am		5:15am- 6:45am	5:15am- 6:45am	8:30am- 11:00am	X
PM	4:30pm- 5:00pm	4:30pm- 5:00pm	4:30pm- 5:00pm	4:30pm- 5:00pm	4:30pm- 5:00pm		
High School Team PM	@ South Park	2:45pm- 4:30pm	2:45pm- 4:30pm	2:45pm- 4:30pm	2:45pm- 4:30pm		

	Week of December 14						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Novice (Making Approx 2)	7:15pm- 8:00pm	x	x	x	x	11:00am- 11:45am	X
Dev. 1 (Making Approx 3)	5:00pm- 6:00pm	x	x	x	7:30pm- 8:15pm	11:45am- 12:30pm	X
Dev. 2 (Making Approx 3)	6:15pm- 7:15pm	x	5:00pm- 6:00pm	x	7:30pm- 8:15pm	x	X
Dev. 3 (Making Approx 4)	6:45pm- 8:00pm	x	6:30pm- 8:00pm	x	7:30pm- 8:15pm	x	X
Red (Make 4-5 Workouts)		x 3:30pm- 4:45pm		x 3:30pm- 4:45pm	5:15am- 6:45am 6:00pm- 7:30pm	11:00am- 12:15pm	X
Platinum AM (Make 6-7 Workouts)		5:15am- 6:45am		5:15am- 6:45am	5:15am- 6:45am	8:30am- 11:00am	X
PM	4:30pm- 6:30pm	3:30pm- 4:45pm	4:30pm- 6:30pm	3:30pm- 4:45pm	4:30pm- 6:30pm		
Gold AM (Make 6-7 Workouts)		5:15am- 6:45am		5:15am- 6:45am	5:15am- 6:45am	8:30am- 11:00am	X
PM	4:30pm- 5:00pm	4:30pm- 5:00pm	4:30pm- 5:00pm	4:30pm- 5:00pm	4:30pm- 5:00pm		
High School Team PM	2:45pm- 4:30pm	V. Ringgold	2:45pm- 4:30pm	V. North Hills	X	X	X