

Week of Dec. 22 (Holiday Break):							
Group:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	12.22	12.23	12.24	12.25	12.26	12.27	12.28
AM Sr4	na	na	facility closed	facility closed	7:30-9:30	7:30-9:30	
AM Sr2/3	na	na	Christmas Eve	Christmas	9:30-11:00	9:30-11:00	
AM Junior	na	na			none-mini break	none-mini break	
PM							
PM Sr4	3:00-5:00	3:00-5:00			na		
PM Sr2/3	5:00-6:45	5:00-6:45			na		
PM Junior	5:00-6:30	5:00-6:30			na		

Week of Dec. 29 (Holiday Break):							
Group:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	12.29	12.30	12.31	1.1	1.2	1.3	1.4
AM Sr4	na	na	facility closed	facility closed	7:30-9:30	7:30-9:30	
AM Sr2/3	na	na	New Years Eve	New Years Day	9:30-11:00	9:30-11:00	
AM Junior	na	na			7:30-9:00 (tbd)*	8:30-10:00*	
PM							
PM Sr4	3:00-5:00	3:00-5:00			na		
PM Sr2/3	5:00-6:45	5:00-6:45			na		
PM Junior	5:00-6:30	5:00-6:30			na		

*possible we may split the Jr workout times