

Wahoos Dryland Schedule				Begins Sept 8, 2025	
	Monday	Tuesday	Wednesday	Thursday	Friday
Maroon		4:50-5:20pm Gymnasium Eric L		4:50-5:20pm Gymnasium Alex	
Gold				6:00-6:30pm Gymnasium Nate	6:00-6:30pm Gymnasium Nate
Junior		6:00-6:30pm Gymnasium Alex		6:00-6:30pm ATC Alex	
Pre-Senior		4:15-4:45pm ATC Medhi		4:15-4:45pm ATC Alex	4:15-4:45pm ATC Medhi
Senior		5:10-5:40pm ATC Medhi	5:10-5:40pm ATC Medhi		5:10-5:40pm ATC Medhi
Senior Elite		5:45-6:30pm ATC Medhi	5:45-6:30pm ATC Medhi		5:45-6:30pm ATC Medhi
Gymnasium: Enter through the RIGHT-MOST double doors at the top of the stairs by the blue wall ATC (Athletic Training Center): Walk past the men's 50m locker room and take a right.					