

Wahoos Dryland Schedule			Begins January 5, 2026		
	Monday	Tuesday	Wednesday	Thursday	Friday
Maroon	4:50-5:20pm Gymnasium Eric H	4:50-5:20pm Gymnasium Eric L			
Gold			6:00-6:30pm Gymnasium Alex	6:00-6:30pm ATC Nate	
Junior			6:00-6:30pm Gymnasium Alex	6:00-6:30pm ATC Nate	
Pre-Senior		4:15-4:45pm ATC Medhi		4:15-4:45pm ATC Nate	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.					