

<u>Training Schedule - Subject to Change</u>

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30 AM	Adult	Adult	Adult	Adult	Adult		
	Functional	Functional	Functional	Functional	Functional		
6:00 AM							
6:30 AM	Adult	Adult	Adult	Adult	Adult		
	Functional	Functional	Functional	Functional	Functional		
7:00 AM							
7:30 AM		Adult		Adult	Adult		
		Functional		Functional	Functional		
8:00 AM						Adult	Training
						Functional	Camp
8:30 AM	Adult	Adult	Adult	Adult	Adult	Adult	
0.00.175	Functional	Functional	Functional	Functional	Functional	Functional	4.1.1.
9:00 AM						Adult Functional	Adult Functional
9:30 AM						Functional	runctional
						m	W
10:00 AM						Training Camp	Yoga 10:15
11.20 AM						Camp	10:13
11:30 AM	4 1 1	4 1 1	4 1 1	4 1 1			
Noon	Adult Functional	Adult Functional	Adult Functional	Adult Functional			
4 20 DM	Adult	Adult	Adult	Adult			
4:30 PM	Functional	Functional	Functional	Functional			
5:00 PM	Adult	Tunctional	Adult	Tunctionar			
3.00 FM	Functional		Functional				
5:30 PM	Adult	Adult	Adult	Adult			
3.30114	Functional	Functional	Functional	Functional			
6:00 PM	Adult		Adult				
	Functional		Functional				
6:30 PM	Adult	Adult	Adult	Adult			
	Functional	Functional	Functional	Functional			
6:30 PM							