



**Training Schedule – Subject to Change**

|                 | <b>Mon</b>       | <b>Tues</b>      | <b>Wed</b>       | <b>Thurs</b>     | <b>Fri</b>       | <b>Sat</b>       | <b>Sun</b>       |
|-----------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| <b>5:30 AM</b>  | Adult Functional | Adult Functional | Adult Functional | Adult Functional | Adult Functional |                  |                  |
| <b>6:00 AM</b>  |                  |                  |                  |                  |                  |                  |                  |
| <b>6:30 AM</b>  | Adult Functional | Adult Functional | Adult Functional | Adult Functional | Adult Functional |                  |                  |
| <b>7:00 AM</b>  |                  |                  |                  |                  |                  |                  |                  |
| <b>7:30 AM</b>  |                  | Adult Functional |                  | Adult Functional | Adult Functional |                  |                  |
| <b>8:00 AM</b>  |                  |                  |                  |                  |                  | Adult Functional | Training Camp    |
| <b>8:30 AM</b>  | Adult Functional | Adult Functional | Adult Functional | Adult Functional | Adult Functional | Adult Functional |                  |
| <b>9:00 AM</b>  |                  |                  |                  |                  |                  | Adult Functional | Adult Functional |
| <b>9:30 AM</b>  |                  |                  |                  |                  |                  |                  |                  |
| <b>10:00 AM</b> |                  |                  |                  |                  |                  | Training Camp    | Yoga 10:15       |
| <b>11:30 AM</b> |                  |                  |                  |                  |                  |                  |                  |
| <b>Noon</b>     | Adult Functional | Adult Functional | Adult Functional | Adult Functional |                  |                  |                  |
| <b>4:30 PM</b>  | Adult Functional | Adult Functional | Adult Functional | Adult Functional |                  |                  |                  |
| <b>5:00 PM</b>  | Adult Functional |                  | Adult Functional |                  |                  |                  |                  |
| <b>5:30 PM</b>  | Adult Functional | Adult Functional | Adult Functional | Adult Functional |                  |                  |                  |
| <b>6:00 PM</b>  | Adult Functional |                  | Adult Functional |                  |                  |                  |                  |
| <b>6:30 PM</b>  | Adult Functional | Adult Functional | Adult Functional | Adult Functional |                  |                  |                  |
| <b>6:30 PM</b>  |                  |                  |                  |                  |                  |                  |                  |