

# TEAM TRAINING

## Weekly Schedule



Lower	Lower	Upper	Upper	Lower	Upper
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>5:45 AM</u>	<u>9:15 AM</u>	<u>5:45 AM</u>	<u>9:15 AM</u>	<u>5:45 AM</u>	<u>8:00 AM</u>
<u>9:15 AM</u>		<u>9:15 AM</u>		<u>9:15 AM</u>	
<u>5:00 PM</u>		<u>5:00 PM</u>		<u>5:00 PM</u>	