

# ATHLETES Class Schedule from Jan 20223

Time	Mon	Tue	Wed	Thr	Fri	Time	Sat	Sun
6:00	CLOSE			Athlete Performance 6:00-7:00		8:00		
7:00						9:00		
8:00						10:00		
9:00						11:00		Athlete Performance 10:30-12:00
10:00				Athlete Performance 9:30-11:00		12:00		
11:00						13:00		
12:00						14:00	Athlete Performance 13:30-15:00	
13:00				Athlete Performance 13:00-14:30		15:00		
16:00					Athlete Performance 14:30-16:00			
17:00				Athlete Performance 14:30-16:00				
18:00				Athlete Performance 17:30-19:00	Athlete Performance 17:30-19:00			
19:00								
20:00								
21:00								