



# Athletes Acceleration Winter Training Schedule

*December 2, 2019 - February 22, 2020*

## *High School - Dec. 2, 2019 - Feb. 22, 2020*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2:30 PM	2:30 PM	2:30 PM	2:30 PM	2:30 PM	9:00 AM
4:00 PM	4:00 PM	4:00 PM	4:00 PM	4:00 PM	
5:30 PM	5:30 PM	5:30 PM	5:30 PM	5:30 PM	

## *Middle School - Dec. 2, 2019 - Feb. 22, 2020*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00 PM	3:00 PM	3:00 PM	3:00 PM		
4:30 PM	4:30 PM	4:30 PM	4:30 PM		

## *Youth Training Schedule: Ages 7-10 (Monthly)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15 - 6:00 PM		5:15 - 6:00 PM		

## *Adult Training Schedule (Monthly)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 AM		5:30 AM		8:00 AM
6:30 AM	6:30 AM	6:30 AM	6:30 AM	6:30 AM	
8:30 AM	8:30 AM	8:30 AM	8:30 AM	8:30 AM	