

		August 11th - November 17th						
		GROUPS	Monday	Tuesday		Thursday	Friday	Saturday
		Elite	4:30-6:00pm DL 6:00 - 7:00	5:00-6:30am ELITE 4:30-6:00pm DL 6:00-7:00		5:00-6:30am ELITE 4:30-6:00pm DL 6:00-7:00	4:15-6:15pm	6:00-8:15am
		O.V.	5:00-6:30am 4:30-6:00pm 6:00 - 7:00 DL	5:00-6:30am GYM 4:30-6:00pm 6:00-7:00 DL	5:00-6:30am	5:00-6:30am	5:00-6:30am GYM 4:15-6:15pm	6:00-8:15am
		Senior	5:30-7:00pm	5:30-7:00pm		3:45-5:15pm DL 5:15-6:00pm	3:45-5:00pm	DL 7:30-8:30am 8:30-10:30am
		High Performance	DL 6:00-7:00 7:00-8:30 pm	DL 6:00-7:00 7:00-8:30pm		DL 6:00-7:00 7:00-8:30pm	5:00-6:30pm	6:00-8:00am
		Performance	DL 5:30 -6:00 6:00-7:00pm	DL 5:30-6:00 6:00-7:00pm		5:45-7:00pm	5:00-6:15pm	
		Junior 1	DL 5:30-6:00pm 6:00-7:00pm	7:00-8:00pm		6:30-7:30pm	DL 5:45-6:15pm 6:15-7:15	
		Junior 2	7:00-8:00pm	DL 5:30-6:00 6:00-7:00pm		DL 5:00-5:30pm 5:30-6:30pm	7:15-8:15pm	
		Beginner 1	DL 6:30-7:00 7:00-7:45pm			DL 4:45-5:15 5:15-6:00pm	6:15 - 7:00pm	

		Beginner 2		DL 6:30-7:00 7:00-7:45pm		DL 6:45-7:15 6:00-6:45pm	7:00-7:45	
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