

ATHLETE LIFTING SCHEDULE & GROUP CLASSES ON CONDITIONING FLOOR

(January 8 – May 1, 2024)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	M SOCCER 8 – 9 AM	FLAG FOOTBALL 7:30 – 8:30 AM		FOOTBALL 8:30 – 10:30 AM
FOOTBALL 9 – 11 AM	W SOCCER 9 – 10 AM	FOOTBALL 9 – 11 AM	FOOTBALL 9 – 11 AM	W SOCCER 10:30 AM – 12 PM
	W HOCKEY 10:15 – 11 AM			
M HOCKEY 11 – 11:45 AM	M HOCKEY 11 – 11:45 AM	M HOCKEY 11 – 11:45 AM	M SOCCER 11 AM – 12 PM	
	40+ LIFTING 12 – 1 PM		40+ LIFTING 12 – 1 PM	W BASKETBALL 12 – 1 PM
W RUGBY 1 – 2:15 PM	M BASKETBALL 1 – 1:45 PM		M BASKETBALL 1 – 1:45 PM	
W BASKETBALL 2:15 – 3:15 PM	W RUGBY 2 – 3:30 PM	M BASKETBALL 3 – 4 PM	W RUGBY 2 – 3:30 PM	M BASKETBALL 3 – 4 PM
M BASKETBALL 3:30 – 4:15 PM	W BASKETBALL 3:30 – 4:30 PM			
FOOTBALL 4 – 6 PM		FOOTBALL 4 – 6 PM	FOOTBALL 4 – 6 PM	
	M RUGBY 5 – 6:30 PM			
M RUGBY 6 – 7:30 PM	POWER PULSE CIRCUIT 6:30 – 7:30 PM		POWER PULSE CIRCUIT 6:30 – 7:30 PM	