

ATHLETE LIFTING SCHEDULE & GROUP CLASSES ON CONDITIONING FLOOR

(September 5 – December 22, 2023)

MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
	FOOTBALL 7 AM – 8 AM	M-SOCCER 8 AM – 9 AM	W-HOCKEY 8:45 AM – 9:45 AM		
FOOTBALL 9 AM – 10 AM	W-SOCCER 9 AM – 10 AM			M-SOCCER 9 AM – 10 AM	
	W-HOCKEY 10:15 AM – 11:00 AM		W-HOCKEY 10:20 AM – 11:00 AM	W-SOCCER 10 AM – 11 AM	
M-HOCKEY 11:00 AM – 12:00 PM	M-HOCKEY 11 AM – 12 PM		M-HOCKEY 11 AM – 12 PM	M-HOCKEY (FIELD) 11 AM – 12 PM	W-BASKETBALL 11:45 AM – 12:45 PM
	40+ LIFTING 12 PM – 1 PM			40+ LIFTING 12 PM – 1 PM	
FOOTBALL 1 PM – 2 PM	M-BASKETBALL 1 PM – 1:45 PM	FOOTBALL 1 PM – 2 PM		M-BASKETBALL 1:00 PM – 1:45 PM	
W-BASKETBALL 2:15 PM – 3:15 PM	W-BASKETBALL 3:30 PM – 4:30 PM		M-BASKETBALL 3:00 PM – 3:45 PM		M-BASKETBALL 3:15 PM – 4:00 PM
M-BASKETBALL 3:30 PM – 4:15 PM	W-RUGBY 4:30 PM – 5:15 PM		M-RUGBY 4:15 PM – 5:15 PM	M-RUGBY 4:30 PM – 5:15 PM	
W-RUGBY (stretch) 4:15 PM – 5:00 PM	W-RUGBY 5:15 PM – 6:00 PM		M-RUGBY 5:15 PM – 6:00 PM	M-RUGBY 5:15 PM – 6:00 PM	
M-RUGBY (stretch) 5:00 PM – 5:45 PM					
	POWER PULSE CIRCUIT 6:30 – 7:30 PM			POWER PULSE CIRCUIT 6:30 – 7:30 PM	