TRAINING SCHEDULE

Group A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Coach Verny	L 4:30 - 6:10 PM	L 4:30 - 6:10 PM	L 4:30 - 6:10 PM	L 4:30 - 6:10 PM	off	L 7:00 - 9:00 AM	off
SUMMER SCHEDULE: JUNE 20TH TO AUGUST 12TH 2011							
	L 4:30 - 6:10 PM	L 4:30 - 6:10 PM	L 4:30 - 6:10 PM	L 4:30 - 6:10 PM	L 4:30 - 6:10 PM	L 7:00 - 9:00 AM	off

Group B	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Coach Verny	L 6:15 - 8:00 PM	L 6:15 - 8:00 PM	L 6:15 - 8:00 PM	off	L 3:00 - 4:30 PM	L 7:00 - 9:00 AM	off
SUMMER SCHEDULE: JUNE 20TH TO AUGUST 12TH 2011							
	L 6:15 - 8:00 PM	L 6:15 - 8:00 PM	L 6:15 - 8:00 PM	off	L 4:30 - 6:00 PM	L 7:00 - 9:00 AM	off

Group C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Coach Jeff	L 4:30 - 6:10 PM	L 4:30 - 6:10 PM	L 4:30 - 6:10 PM	L 4:30 - 6:10 PM	L 3:00 - 4:30 PM	off	off

Group D	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Coach Jeff	L 3:00 - 4:30 PM	L 3:00 - 4:30 PM	L 3:00 - 4:30 PM	L 3:00 - 4:30 PM	off	off	off

Group Corona	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Coach Rosemary	C 3:00 - 4:30	C 3:00 - 4:30	C 3:00 - 4:30	C 3:00 - 4:30	off	off	off

Group E	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Coach Dragos	C 4:00 - 6:30 PM	C 4:00 - 6:30 PM	C 4:30 - 6:30 PM	C 4:30 - 6:30 PM	L 4:00 - 6:10 PM	off	L 7:00 - 9:00 AM
SUMMER SCHEDULE: JUNE 20TH TO AUGUST 12TH 2011							
AM	C 6:15 - 8:15	C 6:15 - 8:15	C 6:15 - 8:15	C 6:15 - 8:15	C 6:15 - 8:15	off	L 7:00 - 9:00 AM
PM	A 4:30 - 6:00	C 3:00 - 4:30	A 4:30 - 6:00	C 3:00 - 4:30	off	off	off