

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am							
6:00am	Shed Strong	Shed Strong	Shed Strong	Shed Strong			
7:00am	Shed Strong	Shed Strong	Shed Strong	Shed Strong		Shed Strong	
8:00am							
9:00am						Technical Mastery	
10:00am	Master's Squad	Master's Squad	Master's Squad	Master's Squad			
11:00am							
12:00pm	Shed Strong	Shed Strong	Shed Strong	Shed Strong			
1:00pm							
2:00pm							
3:00pm							
4:00pm	ACTAS	Lake Warriors (Kids 8+)	ACTAS		ACTAS		
5:30pm	Shed Strong	Shed Strong	Shed Strong	Shed Strong			