

Fall 2017 Workout Schedule

2:05 pm- 2:10 pm

Run/Stretch as a Team

Monday

Tuesday

Wednesday

Thursday

Friday

Group A

A

2:10 pm-2:35 pm

Conditioning

Defense

Offense

Defense

TBA

2:40 pm-3:05 pm

Defense

Offense

Defense

Weights

3:10 pm-3:35pm

Offense

Weights

Conditioning

Agilities

Group B

B

2:10 pm-2:35 pm

Conditioning

Defense

Defense

Defense

TBA

2:40 pm-3:05 pm

Defense

Offense

Offense

Weights

3:10 pm-3:35pm

Offense

Weights

Conditioning

Agilities

Group C

C

2:10 pm-2:35 pm

Conditioning

Offense

Conditioning

Defense

TBA

2:40 pm-3:05 pm

Offense

Defense

Defense

Weights

3:10 pm-3:35pm

Defense

Weights

Offense

Agilities

Group D

D

2:10 pm-2:35 pm

Conditioning

Offense

Offense

Defense

TBA

2:40 pm-3:05 pm

Offense

Defense

Conditioning

Weights

3:10 pm-3:35pm

Defense

Weights

Defense

Agilities

	<u>Group A</u>	<u>Group B</u>	<u>Group C</u>	<u>Group D</u>		
	Mattie	Ellie	Sterling	Kayla		
	Marisa	Kailtyn	Haylee	Holly		
	Raegan	Morgan	Mollie	Callie		
	MollyBeth	Bailey S.	Gracie	Brooklyn		
	Kristian	Mon'Timmia	Darby	Ozrah		
	Danielle		Hannah			