



TEAM CONDITIONING SCHEDULE

**Office Hours: Mon - Thurs. 5:00a - 11:30a, 3:30p - 7:00p,
Fri. 5:00a - 11:00a, 3:30p - 6:00p, Sat. 7:00a - 10:00a**

TIME	Mon	Tues	Wed	Thurs	Fri	Sat
5:00am	AFTERBURN		INDUSTRIAL STRENGTH		AFTERBURN	
8:00am	AFTERBURN				AFTERBURN	
8:30am						HYBRID
5:00pm						
6:00pm	AFTERBURN	INDUSTRIAL STRENGTH		AFTERBURN		

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Schedule valid November 26, 2018 through February 28, 2019

****Classes are subject to change at discretion****