



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7am Mobility Increase range of motion to improve performance.		6:30-7am Mobility Increase range of motion to improve performance.		6:30-7am Mobility Increase range of motion to improve performance.		
						11-11:30 Mobility Increase range of motion to improve performance.
4-5pm Level 3 High School	4-5pm Level 3 High School	4-5pm Level 3 High School	4-5pm Level 3 High School	4-5pm Level 3 High School		
	5-5:30pm Mobility Increase range of motion to improve performance.		5-5:30pm Mobility Increase range of motion to improve performance.			
				5:30-6:30pm Level One Elementary		
6-7pm Level One Elementary	6-7pm Level 2 Middle School		6-7pm Level 2 Middle School	6:30-7:30pm Level 2/3 Middle and High School		
7-8pm Level 3 High School	7-8pm Level 3 High School	7-8pm Level 3 High School	7-8pm Level 3 High School			