



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|----------|--------|
| 6:30-7am Mobility @Everyday Athletes Increase range of motion to improve performance. | | 6:30-7am Mobility @Everyday Athletes Increase range of motion to improve performance. | | 6:30-7am Mobility @Everyday Athletes Increase range of motion to improve performance. | | |
| 9-10am Level 3 High School | | 9-10am Level 3 High School | | | | |
| 10-11am Level 2 Middle School | | 10-11am Level 2 Middle School | | | | |
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| | 4-5pm Level 3 High School | | 4-5pm Level 3 High School | | | |
| 5-6pm Level 3 High School | 5:30-6:30pm Level 2 Middle School | 5-6pm Level 3 High School | 5:30-6:30pm Level 2 Middle School | | | |
| 6-7pm Level 2 Middle School | | 6-7pm Level 2 Middle School | | | | |
| 6-7pm Level One Elementary | 6-7pm Level One Elementary | | 6-7pm Level One Elementary | | | |
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