



# Schedule

| Monday  | Tuesday  | Wednesday   | Thursday  | Sunday  |
|---|--|---|---|---|
| <u>5:00-5:45 pm</u><br>Novice<br>(5-8 yrs old with 1-3 years of exper.) | <u>5:30-6:45 pm</u><br>HIGH SCHOOL<br>LOWER WEIGHTS<br>(UNDER 150LBS)  | <u>5:00-5:45 pm</u><br>Novice<br>(5-8 yrs old with 1-3 years of exper.) | <u>5:30-6:45 pm</u><br>HIGH SCHOOL<br>UPPER WEIGHTS<br>(OVER 150LBS)    | <u>10:00 – 11:00 am</u><br>Youth Novice &<br>Advanced                       |
| <u>6:00 – 7:15 pm</u><br>Youth Advanced                                 | <u>7:00 – 8:15 pm</u><br>HIGH SCHOOL<br>UPPER WEIGHTS<br>(OVER 150LBS) | <u>6:00 – 7:15 pm</u><br>Youth Advanced                                 | <u>7:00 – 8:15 pm</u><br>HIGH SCHOOL<br>LOWER WEIGHTS<br>(UNDER 150LBS) | <u>11:00 am – 12:00 pm</u><br>HIGH SCHOOL<br>UPPER WEIGHTS (All<br>Weights) |

Effective September 8, 2020