



# 2009 Winter Schedule

\* November 16 - February 26

RT	Blue
SD-DC	Red
PY	Light Green

\* Closed December 24, 2009 - January 3, 2010

## HIGH SCHOOL ATHLETES

(ages 14-18)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 10:30am						RT (3)
10:30 - 12:00pm						RT (3)
1:00 - 2:30pm	RT (1)		RT (2)		RT (3)	
3:00 - 4:30pm	RT (1)	RT (1) DC	RT (2) SD	RT (2)	RT (3)	
4:30 - 6:00pm	RT (1) SD	RT (1)	RT (2)	RT (2) DC	RT (3)	
6:00 - 7:00pm			YOGA			
7:00 - 8:30pm	SD-DC		RT (2)			