	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
4PM- 5PM	Mix Athletes (A)	Mix Athletes (B4)	Mix Athletes (A)	Mix Athletes (B4)	Mix Athletes (A)	10:30AM- 11:30AM	Mix Athletes (B4)
5PM- 6PM	Middle School (A) Youth/ Middle School	Middle School (B)	Middle School (A) Youth/ Middle School	Middle School (B)	Middle School (A) Youth/ Middle School	11:30AM- 12:30PM	Mix Athletes (B)
6PM- 7PM	(A)	Mix Athletes (B)	(A)	Mix Athletes (B)	(A)	12:30PM- 1:30PM	High School (B)
7PM- 8PM	High School (A)	High School (B)	High School (A)	High School (B)	High School (A)		
	e 2021: All lifting groups v le will start Monday the 23				et us know, If we can ac	ld you to another group	o we will. Offical

school schedule will start Monday the 23rd! Let us know what group works for y	ou to save your spot!	
POTENTIAL SPORTS & Fitness		